FEDS LIKE THEIR FIRST-CLASS TRAVEL, PG6

Celebrity Buzz

Hathaway can't believe her luck

pg 26

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VANCOUVER • TUESDAY, MARCH 2, 2010 metronews.ca

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Good for me. Good for you?

VANCOUVER 2010 Games

POLL Canadians are waking up after their smashing success at hosting the 2010 Winter Games with something akin to post-coital bliss, a Canadian Press-Harris Decima survey has found.

The poll suggested that of the more than 1,000 people polled between Thursday and Sunday, almost no one — only one per cent — was unhappy with the performance of Canada's athletes.

Of those, 65 per cent said they were "very satisfied" and the rest were merely satisfied in the poll.

But the poll also indicated that as euphoria fades satisfaction could weaken as B.C. tables what is expected to be a cost-cutting budget today and the federal government does it on Thursday.

THE CANADIAN PRESS

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3

Health&Beauty

A Metro special focus – spring into a new you, pages 21, 22

On the web

Visit metronews.ca for news updates

Olympics Homeward bound

DARRYL DYCK/THE CANADIAN PRESS

VANOC event services co-ordinator Susie Dodge, centre, watches as passengers file past her at the Vancouver International Airport in Richmond, yesterday. The airport expected to have it's busiest day ever with approximately 40,000 people passing through as athletes and visitors head home after the Vancouver Winter Olympics. Coverage, pages 3, 4.

'Not ... wanting to let go'

Mayor has mixed emotions as successful Games come to end

JEFF HODSON
jeff.hodson@metronews.ca

As Gregor Robertson passed the Olympic flag to his Russian counterpart during Sunday's closing ceremonies, part of him was not quite ready to let go.

"It was a real mix of emotions," said Vancouver's mayor yesterday. "I felt so much joy and pride for our city and our country … (I was) not quite wanting to let go. I really didn't want something this good to come to an end."

The 17-day Winter Olympic shindig — which began with the tragic death of a Georgian luger and ended in triumph with Sidney Crosby's gold medal-winning overtime goal — gripped the city in a state of frenzied patriotism.

Games wrap-up, pgs 17-20

Robertson was up late Sunday and admitted it was a struggle to get out of bed yesterday morning.

"We hosted the biggest event in our country's history and it was a huge success."

Robertson said the Games were the greenest ever, setting new records for people walking and taking public transit. He's hopeful that Vancouver will continue to see a bump in transit users and that it demonstrates to the federal and provincial governments that "if we provide it, people will ride it."

The Games, he added, boosted Vancouver's positive international profile even higher and will bring business and tourism to the city.

They also shone the spotlight on some of the city's problems, especially homelessness.

The mayor, who headed to Ontario last night to be in Ottawa for the federal budget on Thursday, said Canada needs to push forward with a national housing strategy and come through on the bid book's promise of 3,200 new affordable homes.

During the Games

- An estimated 250,000 people visited B.C.
- The Bay sold three million red mittens.
- Merchants on Granville Street reported a 200 per cent increase in business.

How are you feeling now that the Games are over?

STIG NIELSEN
for Metro Vancouver

"It's sad to see it go ... you appreciate it more when it's here. I can honestly say I haven't watched any other Olympics as much."
Anoop Matharu, 30
Vancouver

"I feel really happy and content and satisfied, but also really empty walking around downtown and not seeing anyone with flags anymore. I'm going through withdrawal."
Andrea Bueno, 18
Vancouver

"I'm kind of sad that it's leaving. It was a great experience but I am really stoked that I get a little bit of time off now."
Justin Bang, 29
Vancouver

"Happy, because it gets kind of annoying after a while, and things have to return to normal. It was good while it lasted."
Sally Swain, 24
Vancouver

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*Total number of fans as of 1:30 PM yesterday. Numbers shown are based on specified criteria. Become a FAN at facebook.com/vancouvermetro

YVR sees off thousands

Festival vibe at airport keeps fliers entertained: Official

STIG NIELSEN
for Metro Vancouver

Vancouver's airport was the busiest it has ever been yesterday, but far from chaotic.

An estimated 40,000 people, including Olympic athletes and officials wearing their team colours, flew home through YVR.

Paul Levy, vice-president of planning for the 2010 Olympic and Paralympic Games for the Vancouver Airport Authority, said staff checked in athletes and coaches at the Olympic Village 24 hours ahead of their departure time.

"Retailers were open throughout the night, so when you went through security there was food and beverages and retail," Levy said. "We wanted to make sure (visitors') final and lasting impressions would be similar to what they were getting downtown with the Olympic buzz."

He added there was a festive vibe at the airport that included musicians and DJs. Even Olympic mascots Quatchi, Miga and Sumi made appearances.

Kana Mori, who checked in eight hours before her departure to Tokyo, said people in Vancouver are "kind."

"I was lost here, people came and asked if they could help," she said.

JEFF HODSON/METRO VANCOUVER

Deputy Chief Doug LePard at Vancouver police headquarters yesterday.

Police report record liquor pour-outs

OLYMPICS As the Olympic party raged through city streets, Vancouver's gutters ran thick with booze.

Vancouver police, not including Transit Police, made a record 21,000 "voluntary" liquor pour-outs during the Games.

"There was an incredible amount of liquor that was not drunk," Deputy Chief Doug LePard said yesterday. "Either because it wasn't purchased or was poured out."

LePard said the decision to close liquor stores early at 7 p.m. — and 2 p.m. on the final Sunday — was hugely helpful in maintaining order and was one of the recommendations from the B.C. Police Commission report into the 1994 Stanley Cup riot.

The VPD also issued 1,230 violation tickets to people caught drinking in public and arrested 253 people for being drunk in a public place. Another 93 people were arrested for breach of the peace.

The Olympics, LePard added, were generally a happy experience for police, who embraced a "meet and greet" philosophy during the massive street celebrations.

He said officers' hands were sore from high-fiving revellers. People were chanting "V-P-D, V-P-D" and asking to take pictures with Chief Const. Jim Chu.

JEFF HODSON/METRO VANCOUVER

Woman killed in fire despite 'heroic deeds'

BLAZE A 38-year-old woman has died in a house fire in Point Grey, despite the efforts of neighbours to save her.

Two other occupants of the home on West 6th Avenue were pulled from the fire by a woman who lives next door and her three houseguests — who were visiting from Calgary — on Sunday night.

A 94-year-old woman and a man in his 30s were taken to hospital for smoke inhalation and burns.

The Good Samaritans "performed heroic deeds in attempting to help in the rescue," said Vancouver fire Chief Gabe Roder.

"(They) made every attempt to enter the home and rescue the female victim from the loft of the burning home. Unfortunately, the heat and smoke were just too intense."

Investigators have determined the fire was accidental but haven't pinpointed the cause. METRO VANCOUVER

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Video A mass exodus of tourists, athletes and guests swamp Vancouver International Airport at **metronews.ca/canada**

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News in brief

FRAUD A former financial adviser from Victoria who cheated investors out of millions of dollars to pay for his own lavish lifestyle before fleeing to the United States has pleaded guilty to 20 counts of fraud. Ian Thow will be sentenced on Thursday.

DEAL Intrawest, owner of Whistler Blackcomb, has reached an agreement in principle with creditors to restructure its debt and avoid a properties auction, a source said yesterday.

METRO NEWS SERVICES

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U.S. journalists find Games fluid
The Vancouver Games are being pegged the most alcohol-fuelled Games ever by some American journalists. Reporters from ESPN, Time and the Boston Globe all said Vancouver set a new precedent for drinking during the 2010 Olympics. METRO VANCOUVER

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Visitors give thumbs up

Praise for Games from homeward bound visitors

STIG NIELSEN
for Metro Vancouver

Olympic visitors had nothing but praise for Canada as they left Vancouver International Airport yesterday.

"Everything was well organized with the number of people that came through, everyone seemed to be pretty happy, and you know, I think everyone felt pretty safe," said Sheila McCoy of Portland.

McCoy said she enjoyed the Games and that any glitches were minor when the big picture is considered.

"The one at the ice skating, where the ice wasn't completely level, that was a big issue but okay we are all human."

"I had a really good feeling meeting the Vancouverites. In general, I think these were great Olympics."
Jan Prochazka,
a Czech hockey coach

German alpine snowboarder Isabella Laboeck said Olympic crews worked hard at Cypress Mountain.

"I think they really did everything that was possible, for our competition on Cypress for snowboard alpine ... It would be good if the condition of the slope had been better ... but no one can do something about the weather," she said.

"It was a lot of fun, but after three weeks it will be good to come home."

The biggest pat on VANOC's back came from Jan Prochazka, a Czech hockey coach.

"I had a really good feeling meeting the Vancouverites," he said. "In general, I think these were great Olympics, because I remember the last Olympics in Turin and I think these were really better Games, especially the atmosphere."

Luxury deals made by realtors

REAL ESTATE While most 2010 fans were happy with stuffed Olympic mascots and other Games trinkets, some visitors to Vancouver were snapping up more exclusive deals.

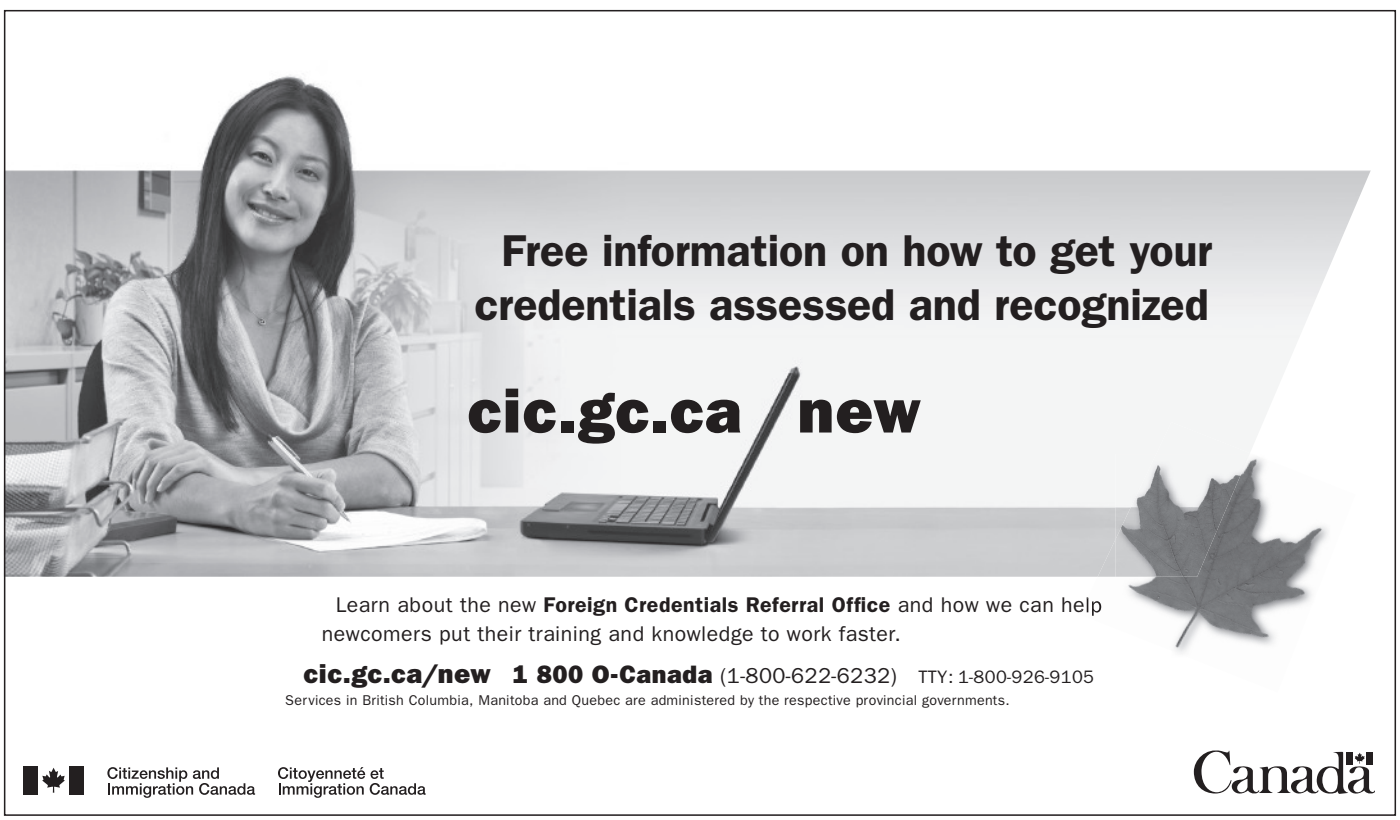
A Vancouver-based developer says while athletes were competing for gold, it struck gold of its own — selling seven luxury suites in two upscale apartment buildings in the city.

Aspac Developments says buyers, specifically in town for the Olympics, couldn't resist the suites, including a penthouse within spitting distance of the International Broadcast Centre on the shores of Coal Harbour.

Aspac says the penthouse, alone, sold for $22.3 million, while all seven suites fetched a total of $46.76 million.

A spokesman for the group marketing the developments says a stretch of unseasonably warm, sunny weather helped seal the deals, which were closed within the 17-day span of the Games.

George Wong believes the international flair and excitement that flourished during the Olympics made Vancouver extremely attractive.
THE CANADIAN PRESS



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Two-thirds of Canadian population saw Team Canada's overtime goal
More than 22 million viewers — about two-thirds of the Canadian population — tuned in during overtime to watch Sydney Crosby score for Team Canada against the U.S. on Sunday, CTV announced yesterday. The game was watched by 16.6 million, a new Canadian TV viewership record. METRO NEWS SERVICES

26 medals — and 204 goats?

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Around 200 Kenyans are celebrating Canada's 14 gold medals thanks to a Lower Mainland charity that asked people to donate a goat every time a Canadian stood on top of the podium.

As of yesterday, 204 goats have been bought through the Goat For Gold website, which was launched in January by Joel Nagtegaal, a student at the University of the Fraser Valley.

The charity is a spinoff of Goat Canucks Goat, which Nagtegaal started last year to buy a goat for each playoff game the Canucks won.

Nagtegaal said it's a little disappointing to only have 204 goats, given that 1,073 were donated after the playoffs last year.

"But it kind of went the same way (in the spring)," Nagtegaal said. "Lots of people heard about (the charity and donated) after the Canucks were eliminated. Hopefully it keeps going."

Nagtegaal said he hopes our newfound sense of patriotism, community and goodwill will yield more donations this week.

"(I hope) people will see how much fun the Olympics were and think that this is a fun way to keep it going," he said.

Get involved

- The goats cost $34.50 each, but people can also donate money through Paypal.
- For more information, visit goatforgold.com.

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Visitors pack Northern House, which will stay open during the Paralympics.

Olympic fun continues during Paralympics

GREG DOWNS
for Metro Vancouver

ATTRACTIONS Several Olympic pavilions and attractions will remain open during the Paralympic Games — with shorter lineups expected.

Attractions such as the zip line at Robson Square, which saw up to eight-hour waits, and the $10.4-million Canada Pavilion at LiveCity Downtown will remain open.

The Saskatchewan House, Manitoba House, and Northern House will also continue to operate for part of the Paralympics, and will showcase their respective provinces and territories through interactive games, art displays and culture.

And the Olympic flame-viewing area at Jack Poole Plaza will open after the flame is re-lit March 12. It will stay open until March 21.

Whistler Live is also slated to re-open, including the medal plaza, village square and skiers' plaza, where shows will run throughout the day during the Paralympics.

An exhibit of exhibits?

- Science World is collecting parts of exhibits at the various Olympic pavilions it plans to display in the future.

Surrey couple wins B.C.'s biggest-ever lotto prize

BIG WIN Derek Bird of Surrey says he thought his wife, Frances, was having a heart attack when she began yelling, but it turned out she was screaming with joy over winning the biggest lottery jackpot ever awarded in the province.

$25M
The Birds' $25 million beats the previous record jackpot in B.C., when Tsering Luding of Richmond won a Lotto Super 7 draw worth $24.6 million in 2005.

The couple had all seven numbers in Friday's Lotto Max draw worth $50 million and will split the jackpot with a Quebec winner who also had the magic numbers.

Derek says his wife was checking the numbers on the computer in another room when he heard her shouting, and it took him about fifteen minutes to calm her down.

Frances Bird recently retired from Canada Post, while her husband still works there and says early retirement may be an option.

Frances insists the money won't change her and she intends to live her life the way she always has, although now she'll have an opportunity to help her three daughters and granddaughter. THE CANADIAN PRESS

Abbotsford constable charged

DESK DUTY A 19-year member of the Abbotsford Police Department has been charged with assault in connection with the detainment of two suspects in September, police said yesterday.

Const. Doug Lemna has been reassigned to desk duties pending an investigation into allegations he used excessive force while answering a call of mischief in the early hours of Sept. 2, said Const. Ian MacDonald.

"Patrol Division members attended the area and saw two people on bicycles. These individuals initially fled from police but were ultimately located and detained," MacDonald said. KRISTEN THOMPSON/ METRO VANCOUVER

News in brief

INFRASTRUCTURE Fifteen new projects that include highway, bridge and road upgrades throughout British Columbia were announced yesterday. The federal government is contributing $17 million, while the provincial government will pitch in $16 million.

COLLISION A 19-year-old man has been charged with 10 offences, including impaired driving causing death, after a car crash in Burnaby. Two young men were killed and three others are in critical condition after a van rolled on Feb. 27.

HIT AND RUN Police are looking for a hit-and-run driver after a 47-year-old woman was killed while crossing King George Highway in Surrey. The victim was not walking within the marked crosswalk when she was hit by a Mercedes SUV. METRO NEWS SERVICES

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Hospital gets $10 million for robotic surgical system

Toronto's Hospital for Sick Children is getting $10 million from the federal government to develop the KidsArm robotic surgical system. KidsArm is an image-guided medical robot designed for pediatric patients. THE CANADIAN PRESS

Canada

Cop violated ex-NHLer's rights, court hears

A lawyer for Rob Ramage is telling Ontario's top court that a police officer wilfully and deliberately violated the former NHL player's Charter rights. Ramage was found guilty in 2007 on several charges, including impaired driving causing death, in a crash that killed his friend, fellow former NHLer Keith Magnuson. Ramage's lawyer, Brian Greenspan, argued before the Court of Appeal for Ontario yesterday that the police officer seized a urine sample from Ramage without his informed consent. THE CANADIAN PRESS

Despite a deficit, tickets are on you

Federal politicians aren't letting a record deficit stop them from jetting around the globe in style.

MPs and senators from all parties are proposing to spend almost $1.5 million in taxpayers' money in the next fiscal year to attend meetings in such exotic locales as Swaziland, Seychelles, Trinidad, Kenya, India and Indonesia.

And with sky-high airfares of up to $10,500 each, they don't appear to be planning to fly economy — or shopping for the lowest price.

Details of the planned excursions are contained in the draft budgets for the Inter-Parliamentary Union and the Commonwealth Parliamentary Association, obtained by The Canadian Press. They are just two of a dozen parliamentary associations to which federal politicians belong.

The IPU is asking for $870,366 and the CPA for $605,818 — most of it for international travel. Both budgets must still be approved by the Joint Interparliamentary Council, which is overseen by the Speaker of the House of Commons and the Senate's internal economy committee.

The IPU budget provides the most detail, including estimated airfares.

THE CANADIAN PRESS

Hey big spender...

- While politicians often maintain the comfort of business class is justified on long overseas flights, the IPU's estimated $2,500 to make the short hop to New York is several times the cost of an economy class ticket.

m.metronews.ca

ScanLife

They're the face of climate change, but research says polar bears may be more adaptable than we think. Scan this code for the story.

Calgary Bronze bobsledder bears baby Beau

LARRY MACDOUGAL/THE CANADIAN PRESS

Four-man bobsled bronze-medallist Chris Le Bihan meets infant son Beau for the first time and shows his medal to wife Naomi in Calgary yesterday, after arriving from the 2010 Vancouver Winter Games. The baby was born during the Olympics.

Syncrude failed on fowl: Lawyer

OILSANDS Prosecutors say Syncrude Canada was the only oilsands company that failed to deploy noise cannons when 1,600 ducks died on one of its tailings ponds in northern Alberta two years ago.

Provincial and federal prosecutors also contend Syncrude workers responsible for deploying the noise-makers were not working that day in April 2008. "Other companies in the area had deployed their bird deterrent devices," Alberta Crown prosecutor Susan McRory said yesterday at the start of the oilsands giant's trial on provincial and federal environmental charges.

THE CANADIAN PRESS

Tarnished rep

- Images and stories of the dying waterfowl made news around the world and prompted Prime Minister Stephen Harper to suggest the dead ducks had tarred Alberta's and Canada's international image.

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N.S. French endangered, claims report

CULTURE A new research report says francophones in Nova Scotia are being assimilated at such a rapid rate that the community will not be able to maintain itself indefinitely.

The report, prepared for the Office of Acadian Affairs, says the province must act now to promote development of its francophone minority "since the community cannot afford many more delays."

The study found that while most Acadians and francophones remain optimistic about the future of French in the province, a "strong majority" of respondents preferred to use English in public settings. THE CANADIAN PRESS

Albertan declared dangerous offender
An Alberta man who stabbed a former escort in the arm with scissors has been declared a dangerous offender. THE CANADIAN PRESS

Bears evolved fast: Study

Animals' adaptability in question amid climate change

Research that suggests polar bears have evolved more quickly than previously believed is creating new questions about their adaptability as they face a warming environment.

Scientists at Penn State University studied DNA from a rare fossil found in Norway and determined that polar bears developed only about 150,000 years ago — much more recently than the six million years some researchers previously thought.

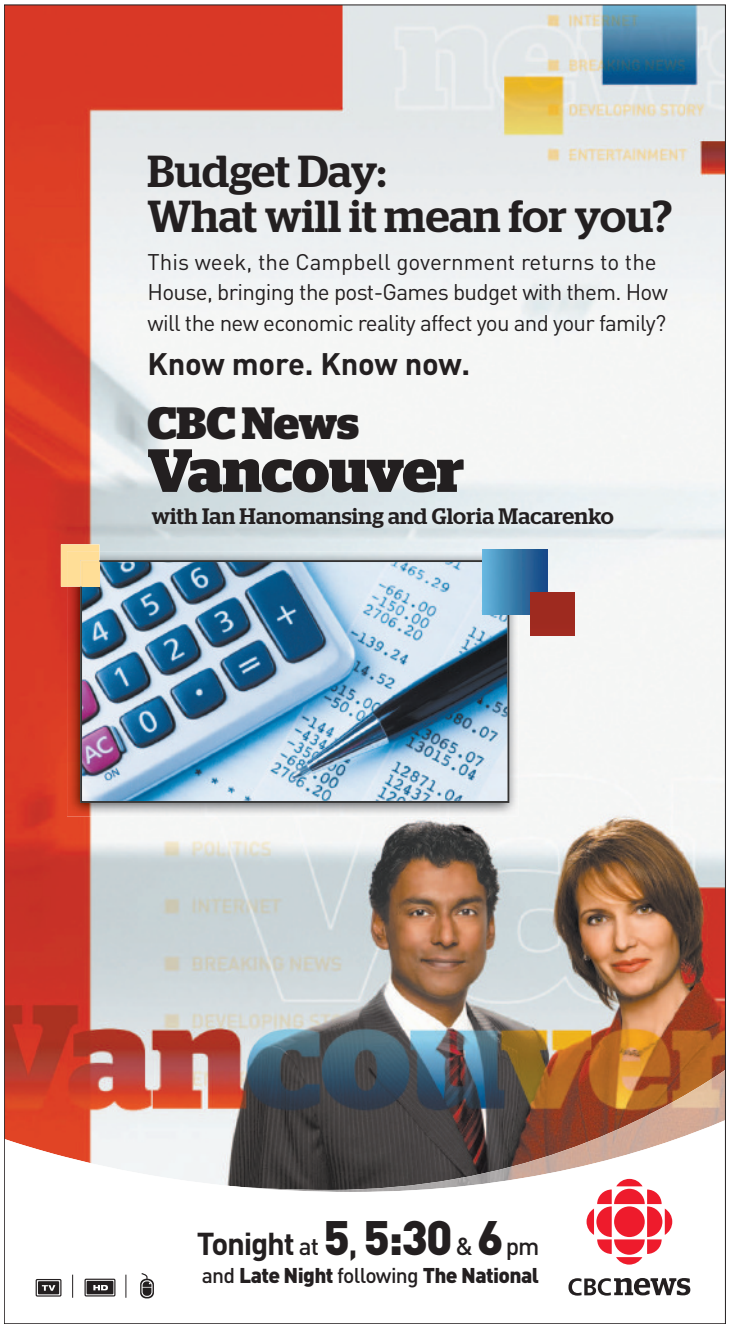
It means that the bears survived the last interglacial period, a time that also saw warm temperatures in the Arctic.

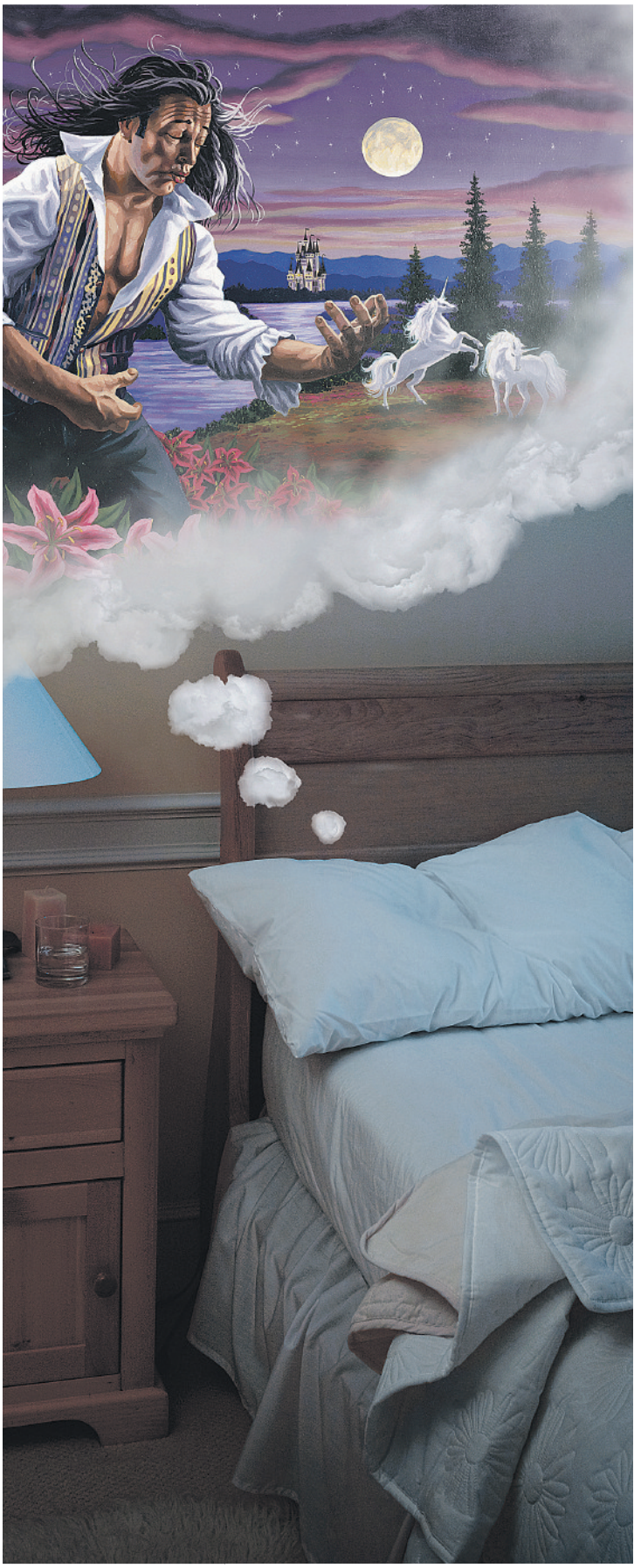
"One of the messages that the general public needs to accept is just how dynamic and flexible species are and how fast groups of individuals adapt to selective pressure," says Stephan Schuster, one of the lead authors of the report published yesterday in the U.S.-based Proceedings of the National Academy of Science.

Schuster suggests polar bears survived the last interglacial period about 4,000 years ago by retreating to areas of continuing cold and ice, such as Norway's Svalbard region.

But he acknowledges his results are likely to be used by those who argue the bears aren't endangered by current shrinking sea ice caused by climate change.

THE CANADIAN PRESS





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Scholarship honours crash victims
A scholarship and bursary program has been established in the memory of the 17 victims of the crash of Cougar Flight 491 off Newfoundland last year. THE CANADIAN PRESS

PM's pick called Muslims a risk

The man chosen by the Harper government to lead the Rights and Democracy organization has publicly warned about threats posed by Muslim immigration.

He made the observations in a brief tabled at a public commission struck by the Quebec government in 2007 amid a raging debate in that province over how best to integrate minorities.

Gerard Latulippe argued that the concentration of immigrants in Montreal, as well as the "geographic concentration of more and more immigrants from Muslim countries" undermined "the proper functioning of Quebec society."

Gerard Latulippe

He then concluded that if Quebec failed to change the way it selected immigrants, it faced a significant threat: the "unnecessary risk of fostering domestic terrorism."

The federal Tories have picked him to become president of the federal organization responsible for promoting human rights and democracy around the world.

Latulippe made the remarks in a brief to Quebec's Bouchard-Taylor commission, in his then-role as resident director of the National Democratic Institute in Morocco.

He is now the resident director of the NDI in Haiti.

THE CANADIAN PRESS

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Olympic spectators seek status as refugees

IMMIGRATION Seven people who told officials they entered Canada as spectators to the Vancouver Winter Olympics are seeking refugee status in Canada.

Citizenship and Immigration Canada says six of those people come from countries that don't require special visas to enter the country.

Owing to privacy law, a spokeswoman says she can't divulge further identifying information about the claimants, including where they're from.

It's not unusual for people attending international sporting events in Canada to make claims, though summer sports usually produce more.

A man believed to be a Romanian coach claimed refugee status during the 1988 Calgary Games, and Olympian wrestler Daniel Igali claimed asylum here after competing at the 1994 Commonwealth Games in Victoria.

Immigration spokeswoman Johanne Nadeau said claims could still rise, because the period of time that people who attended the Games are legally allowed to remain here isn't over.

THE CANADIAN PRESS

Barred U.S. peace activist in Canada

BORDERS A retired U.S. Army colonel who has been barred in the past from entering Canada for her peace activism was allowed into the country yesterday.

Ann Wright is on an FBI watch list but said she was able to persuade a Canadian immigration officer it's for minor offences related to civil disobedience.

Wright is a harsh critic of the American invasion of Iraq who quit her post as a U.S. State Department official in protest.

She was blocked from entering Canada on three occasions in 2007.

THE CANADIAN PRESS

News in brief

ONTARIO A move toward putting Ipperwash Provincial Park in aboriginal hands is a good first step but still leaves many unanswered questions and could be sending the wrong message to those involved in other land disputes, critics said yesterday. THE CANADIAN PRESS

Four charged for ticket fraud
U.S. federal prosecutors say four California men made more than $25 million US reselling tickets to events they acquired by hacking into Ticketmaster and other sites. THE ASSOCIATED PRESS

World

Everybody gets naked

About 5,200 naked people embraced each other on the steps of Sydney's iconic Opera House yesterday for a photo shoot by Spencer Tunick. Tunick, who is known for his nude group photos in public spaces, posed participants for more than an hour in a variety of positions. THE ASSOCIATED PRESS

'Emergency without parallel'

Chile rescuers find signs of life in quake-toppled building, death toll rises

Rescuers found signs of life in the wreckage of a 15-storey building yesterday as the world offered aid to victims of an earthquake that killed more than 700 people. Looters roamed the streets even after troops and police arrested dozens of people for violating a curfew.

The toll of dead rose to 723, with 19 others missing, the National Emergency Office announced, in a magnitude-8.8 quake that President Michelle Bachelet called "an emergency without parallel in Chile's history."

Some coastal towns were almost obliterated — first shaken by the quake, then slammed by a tsunami that carried whole houses inland and crushed others. Shocked survivors were left without power, water or food.

In Concepcion, the biggest city near the epicentre, rescuers heard the knock of trapped victims inside a toppled 70-unit apartment building and began to drill through thick walls to reach them, said fire department Commander Juan Carlos Subercaseux.

Firefighters had already pulled 25 survivors and nine bodies from the structure.

However, electricity was still out, water was scarce and looters re-emerged at dusk despite beefed up security.

Dozens of people sacked stores selling food, clothing and drugs, fleeing when police appeared to drive them away. Some struck gas stations, stealing cash from attendants. THE ASSOCIATED PRESS

Clinton to visit

- U.S. Secretary of State Hillary Rodham Clinton said yesterday she will bring 20 satellite phones and a technician with her when she visits earthquake-damaged Chile today.

India **Colourful Holi-day**

ANUPAM NATH/THE ASSOCIATED PRESS

Thousands of people dance as coloured water pours on them during Holi festivities in Gauhati, India, yesterday. Holi, the Hindu festival of colours that also heralds the coming of spring, is being celebrated across the country.

m.metronews.ca

ScanLife

Litany of complaints in embattled Marjah prove 'hearts and minds' will be elusive. Scan this code for the story.

News in brief

FRANCE Thousands of firefighters and other rescue workers searched house by house yesterday along France's devastated Atlantic coast, trying to help those still stranded by a storm that smashed sea walls and killed at least 62 people across western Europe. The storm, called Xynthia, blew into France early Sunday with hurricane-force winds, flooding ports, destroying homes and leaving one million households without electricity.

AUTO General Motors says it is recalling 1.3 million compact cars in Canada, the U.S. and Mexico to fix power steering motors that can fail. Models covered by the recall include 2005 to 2010 Chevrolet Cobalts, the 2007 to 2010 Pontiac G5s, and 2005 and 2006 Pontiac Pursuits sold in Canada. GM says the vehicles are safe to drive and never lose steering, but they may be harder to steer when going under 24 km/h. THE ASSOCIATED PRESS

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Poor Olympic showing riles Russian president

President Dmitry Medvedev demanded yesterday that Russian sports officials step down over the country's dismal performance at the Winter Olympics in Vancouver. Russia, a traditional winter sports powerhouse, won just 15 medals — with only three golds — in one of its worst performances to date. THE ASSOCIATED PRESS

Washington, D.C., awaits its first gay marriages

LEGAL Opponents of gay marriage are asking the U.S. Supreme Court to put a hold on the District of Columbia's new law that allows same-sex couples to wed.

The new law, passed in December, is supposed to take effect tomorrow. Court papers filed yesterday with Chief Justice John Roberts argue that Washington residents should be able to vote on the matter. Local courts have rejected the opponents' arguments.

The city has said tomorrow probably will be the first day same-sex couples can apply for marriage licenses. Couples still will have to wait three full business days for their licenses before exchanging vows.

THE ASSOCIATED PRESS

Quietly looking to the North

China sees potential opportunities in ice-free Arctic ocean

China is starting to prepare for the commercial and strategic opportunities arising as global warming melts the polar ice cover in the Arctic, an international peace research group said yesterday.

Researchers expect the North Pole to be ice-free during summer months in a matter of decades, opening up new shipping lanes and potential resource exploration in an area believed to contain as much as a quarter of the world's undiscovered oil and gas.

Competing sovereignty claims in the region are primarily being discussed by the five nations bordering the Arctic: The U.S.; Canada; Russia; Norway; and Denmark. But China is showing growing interest in the Arctic, the Stockholm International Peace Research Institute said in a new study.

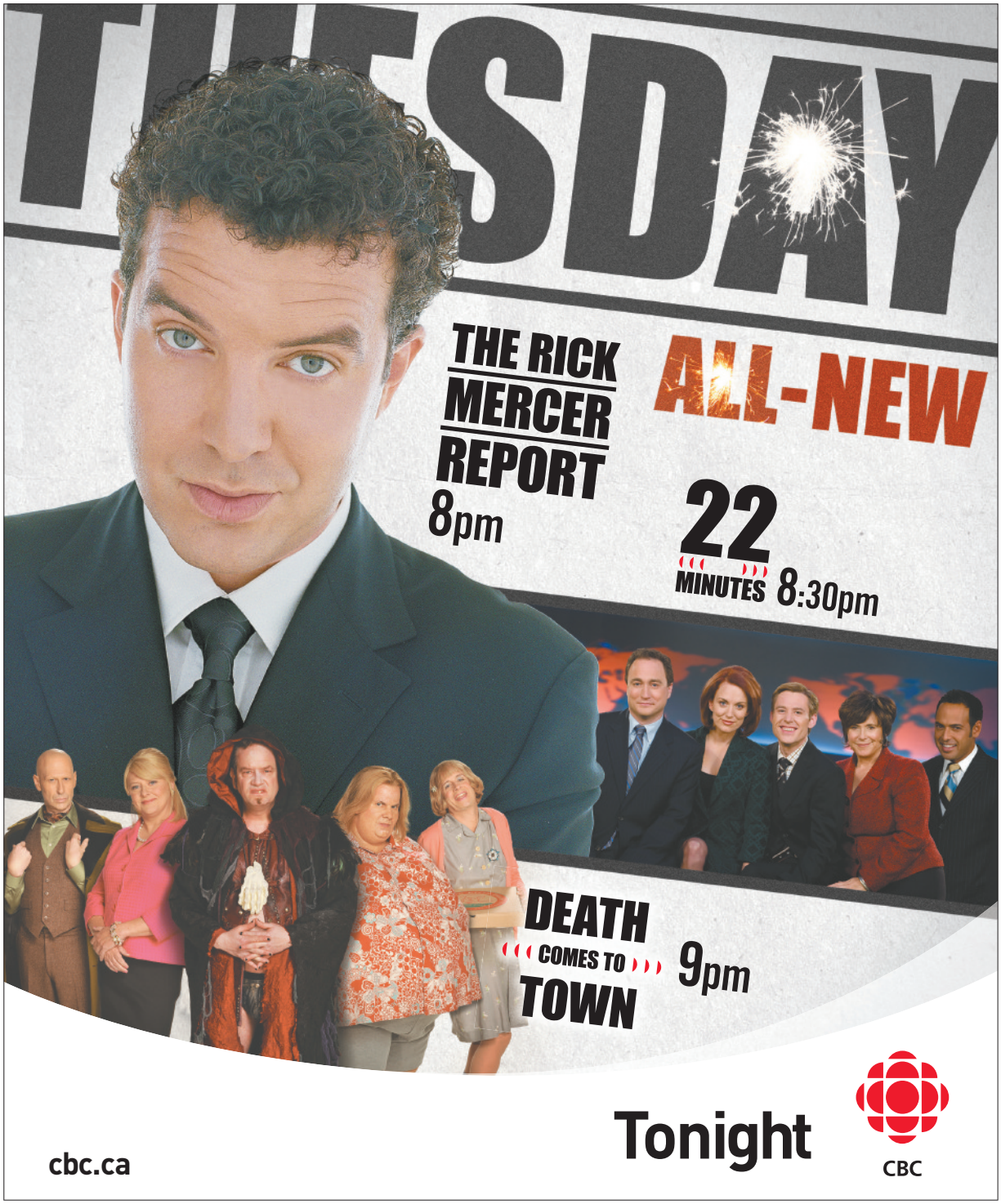
Shipping routes

- China's economy relies heavily on shipping, so the country stands to gain from shorter routes to Europe.

"China is slowly but steadily recognizing the commercial and strategic opportunities that will arise from an ice-free Arctic," said SIPRI researcher Linda Jakobson.

She said China "is at a disadvantage as it is not an Arctic state, but is still keen to have the right to access natural resources."

THE ASSOCIATED PRESS



Billboard not appreciated near Oscars

HOLLYWOOD A Los Angeles businessman who was arrested for investigation of draping an eight-storey movie billboard near the site of the upcoming Oscars has agreed to remove the sign.

In exchange, Kayvan Setareh had his $1 million bail reduced to $100,000 during a hearing yesterday. Authorities say Setareh arranged for the huge ad for the upcoming movie How to Train Your Dragon to be hung on a Hollywood Boulevard building near the Kodak Theatre, site of Sunday's Academy Awards.

City attorney's officials say Setareh posted the "supergraphic" despite warnings. He was arrested Friday and is charged with three misdemeanour city code violations.

THE ASSOCIATED PRESS

Polls looking good for U.K. Labour Party

POLITICS Latest polls indicate Britain's ruling Labour Party could win more seats than the opposition Conservatives in the upcoming national vote.

A survey for The Independent newspaper shows support for the opposition was down slightly, narrowing its lead from seven to five in the past month. The poll suggests Labour could remain the biggest party in parliament — although it will be short of a majority.

The Conservatives, led by David Cameron, had led Gordon Brown's governing Labour in opinion polls for more than two years. Cameron acknowledged Sunday the national election — which must be held by June 3 — will be a closer contest than predicted.

THE ASSOCIATED PRESS

Last child of revolutionary hero dies
The last surviving child of Mexican revolutionary hero Emiliano Zapata, Ana Maria Zapata Portillo, has died at 94. She was buried yesterday. THE ASSOCIATED PRESS

‘The whale would not let us have her’

Workers describe trainer’s death in documents

A killer whale that dragged a trainer to her death eluded Florida SeaWorld workers who furiously unfurled nets while it swam pool-to-pool during the attack last week, according to witness statements released yesterday.

After minutes of frenzied work to save Dawn Brancheau, 40, the whale was finally corralled but still refused to unclench its teeth and let go of her body, according to the investigative reports released by the Orange County Sheriff’s Office. Investigators have said before that Brancheau died from multiple traumatic injuries and drowning.

“The whale would not let us have her,” another trainer, Jodie Ann Tintle, told investigators after the attack last Wednesday.

In the investigative reports, Brancheau’s coworkers describe the swiftness of the attack and the furious response that came after alarms sounded around the pool. Employees who were at other pools, behind computers or emptying coolers of fish rushed to the scene.

Visitors

- The attack occurred in front of about 20 visitors who had stuck around after a noontime show.

The reports released yesterday include the first extensive accounts from employees who witnessed the attacks at the park in Orlando.

Jan Topoleski, whose job is to monitor trainers’ safety during shows, told investigators he saw Brancheau lying on the deck face-to-face with the 6.7-metre-long, 5,440-kilogram whale and communicating with him right before the attack. He said the whale, named Tilikum, bit Brancheau’s hair and pulled her into the pool in a span of about two seconds. He sounded an alarm and grabbed safety equipment.

Tanner Grogan, who scrambled to help other employees unfurl nets to isolate Tilikum, said the whale at one point let go for several seconds, but snatched Brancheau again by the foot before anyone could react.

It’s not clear how long it took workers to finally trap the whale in a pool with the lift, which they used to remove him from the water. One witness said it seemed like 10 minutes. Another said it could have been as long as 30 minutes. THE ASSOCIATED PRESS

Jerusalem **Purim march**

ODED BALILTY/THE ASSOCIATED PRESS

An ultra-Orthodox Jewish man dressed up as U.S. President Barack Obama walks with his family during the Purim holiday in Jerusalem yesterday. Purim celebrates the Jews’ salvation from genocide in ancient Persia, as told in the Scroll of Esther.

Karadzic defends ‘just’ cause in court

THE HAGUE Wartime Bosnian Serb leader Radovan Karadzic, defending himself against charges of Europe’s worst genocide since the Holocaust during the 1992-95 conflict in Bosnia, has told judges he was not the barbarian depicted by UN prosecutors, but was protecting his people against a fundamentalist Muslim plot.

During a four-hour opening defence statement yesterday at the UN war crimes tribunal, Karadzic claimed Bosnia’s Serbs were under threat and physical attack by Muslims, led by former Bosnian President Alija Izetbegovic, who rejected power-sharing proposals and wanted an Islamic republic in Bosnia.

“I will defend that nation of ours and their cause, which is just,” he said. THE ASSOCIATED PRESS

Suspect in Elizabeth Smart case fit for trial: Judge

RULING Brian David Mitchell, the man charged with snatching then-teenager Elizabeth Smart nearly eight years ago, could finally face a jury after a federal judge ruled yesterday that Mitchell was faking mental illness and is competent to stand trial.

Smart was 14 when she was kidnapped from her Salt Lake City bedroom in 2002. She was found nine months later walking a suburban Salt Lake City street with Mitchell and his now-estranged wife, Wanda Barzee.

Lawyers for Mitchell said his hallmark disruptive singing in court was evidence he’s mentally incompetent.

U.S. District Judge Dale Kimball, however, called the outbreaks a “contrivance” used by the suspect to give the impression he can’t control his behaviour in a 149-page ruling.

Smart, who is now 22, testified in October as part of the competency hearing, saying she was raped after a marriage ceremony staged by Mitchell and repeatedly throughout her captivity. THE ASSOCIATED PRESS

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Comment

Expect an Olympic bounce for PM

NationalReport
Lawrence Martin

metronews.ca/nationalreport

The spectacular Canadian performance at the Winter Olympics could not have come at a better time for Stephen Harper. It's the biggest feel-good story since the 1972 Canada-Russia hockey series. The Games turned public attention fully away from the political shenanigans of the governing party in suspending Parliament.

Harper was at the Games, trying as best he could — as any politician would — to share in the spotlight.

The euphoria should pay off in a handsome bounce for him in the polls, though there is no guarantee. Our 1972 triumph over the Russians did not produce a political benefit for the Trudeau Liberals. They came within a hair of losing the election that took place right after the series.

There will be an irony of sorts if Harper gets a big boost from the Olympics. The big rap against him is that there is no sportsmanship in the games he plays, no demonstration of Olympic ideals. He runs from the field when the opposition gets tough. He head-butts opponents. He repeatedly throws away the rulebook. If politics were an event in the Games, the Olympic movement would have had Harper expelled long ago.

On that note, it is to be hoped that the prime minister, as well as opposition leaders, learned something from the way in which our athletes comported themselves. They showed how you can win with hard work and an honest and honourable effort.

Parliament finally returns this week. Our MPs have been on vacation for much of the last year and a half. In 2008, from June until into the new year, Parliament sat only two weeks. Last year, it had its traditional three-month summer break and, more recently, starting in December, it had another three-month break. If our Olympians took this much time off they would never win anything.

Tomorrow, there's the speech from the throne, likely the last from Gov. Gen. Michaëlle Jean, whose term expires in the fall. The budget from Finance Minister Jim Flaherty follows Thursday.

Among the reasons offered for the shutdown of Parliament was the need for time, the Conservatives said, to "recalibrate." But don't look for anything too exciting from the recalibration exercise. The budget will likely be a stabilizing effort that holds off on more stimulus spending in order to keep the deficit in check.

The Conservatives will contend that they have the country on the right track. They will want, though they play a different sport in a different way, to bask in the Olympic glow.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Tiger Woods witch hunt is a hypocrisy

InStep
Christine Williams

So, Tiger Woods is a big time cheater. He may even be a sex addict. Although disappointing, I'm still befuddled by the intensity of public outcry that screams hypocrisy.

Sadly enough, affairs are common. Virtually all of us know at least one person who has been cheated on. The only difference is that Woods had an astounding 13 alleged mistresses. His squeaky clean, family man look had us all deluded. We were fooled and now we're mad as hell.

I'm curious though, about what number of affairs makes infidelity publicly acceptable.

Among celebrities, infidelity is fashionable and no one really knows who holds the highest infidelity score. Even among the general public, it's difficult to acquire infidelity statistics because it's done in secret and most people wouldn't want to admit to it.

One thing we do know: There are discreet affairs. The Ashley Madison infidelity dating site boasts of almost 2.5 million members, carrying the slogan, life is short, have an affair.

Seducing temptations are in bumper-crop supply, fed by luring images on the Internet, TV, magazines, and derogatory slogans about the dreary old man, the old lady, and the seven-year itch. Sadly enough, affairs are highly glamorized. Many have fallen into temptation and now we're throwing Woods under a bus.

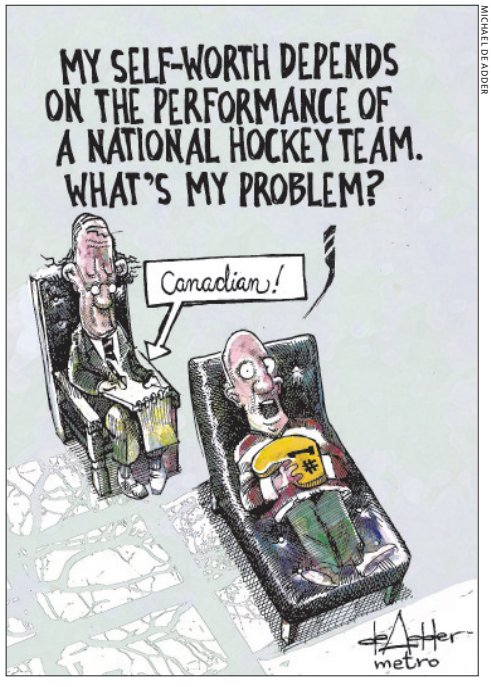
Part of our strong reaction to Tiger Woods could be a reflection of our better conscience, a projection of our own disappointment toward the ultimate relationship betrayal. So we beat up on Woods — a distant, safer target. This way we get to vent away the steam from our own encumbrances. If this is the case, it can be quite cathartic.

Also, we habitually hunt for role models in the performance world when we need to be discovering them in our own backyards, i.e., at home, schools, and religious institutions.

What's even more disturbing than Woods is the recent headline about the two Manitoba teachers who performed a gross bump-and-grind lap dance in front of shocked high school students.

So while Woods is being carried away in the witch hunt because he disappointed people's fantasies about who they wanted him to be, his indiscretions are between him and his family. His public apology only deepened his embarrassment and most people are not convinced anyway. He isn't a deity, an esteemed cleric — he's a great golfer. Heck, he's not even Bill Clinton.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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Buffett not bullish yet
Billionaire Warren Buffett said yesterday the economy is improving, but very slowly, and consumers are still not spending much, so job growth will remain slow. THE ASSOCIATED PRESS

Business

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US 1¢	US 13.4¢	US 96¢	98.43

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Fast food **Nostalgia stills sells**

MIKE DEMBECK/THE CANADIAN PRESS

Colin MacDonald is the general manager of the Chickenburger restaurant in Halifax. Even when the 1950s-style landmark isn't packed, nostalgic patrons often are happy to dine in their cars.

Confidence in economy up

Canadians are becoming more confident about the state of the economy as the labour market improves, the latest consumer confidence survey from the Royal Bank of Canada shows.

The exceptions are Ontario and Atlantic Canada, where job anxieties have increased since January.

In the February RBC Canadian Consumer Outlook, released yesterday, 30 per cent of Ontarians report that a member of their household is worried about losing their job or being laid off.

That's a four-month high and the highest level in the country; job anxiety is 25 per cent nationally. While worries about jobs also went up by six percentage points to 24 per cent on the East Coast, it fell in all other regions of the country.

Canadians are divided on the overall state of the economy, but a slim majority — 53 per cent — now describe the economy as good. METRO NEWS SERVICES

Growth rate jumps to 5%

GDP Canada's economy expanded more than expected in the final months of 2009, as the country experienced the largest quarterly increase in gross domestic product in nearly a decade.

Statistics Canada says the annual growth rate in the fourth quarter rose to a surprisingly strong five per cent, a full percentage point higher than economists had generally expected.

It was also above the Bank of Canada's estimate in January, which was for the fourth-quarter growth rate to be 3.3 per cent.

THE CANADIAN PRESS

Toyoda says sorry again — to China

AUTO Toyota President Akio Toyoda apologized yesterday to customers in China for the company's quality problems and emphasized the importance of the fast-growing market to his company.

Toyoda said he flew straight to Beijing from the United States to show his sincerity to China's customers. THE ASSOCIATED PRESS

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ScanLife

In time for budget week, a policy group is urging Ottawa to ramp up deficit spending to boost the economy. Scan this code for the story.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tips for successful self-employment

No more pencils, no more books, no more bosses' dirty looks. You are self-employed. Out of the rat race.

OK, so the reality is you've been downsized, given a package or just plain canned. Such is the way of life when unemployment creeps toward 10 per cent and companies prune everything possible to fatten their bottom line.

But if you go about it the right way, self-employment can be a satisfying and profitable experience.

Here are four steps to success:

1 Have a financial plan: Determine your absolute minimum personal and business expenses. This is the monthly nut you must come up with in order to keep the lights on, the car in the driveway, kids in daycare and food in everyone's belly. Add in known business expenses such as a bigger cellphone bill, paper, postage, etc.

2 Know where your cash flow is coming from: Where is the revenue and when will it arrive? Even if you have steady work lined up, it may be 30 to 90 days before invoices are paid. Can you draw on savings or a low interest line of credit should you be caught short?

If you are still employed get a credit line approved before you are pink-slipped. These days it is difficult for the self-employed to get credit, especially when you are starting out.

3 Be disciplined: Have a routine that includes everything from answering emails to chasing new business. You won't always be able to follow it but your daily or weekly plan provides a critical framework in the absence of bosses and colleagues.

Do a self-check at the end of the day for tasks accomplished and move the rest into the next day or week. This is one way to feel good about your progress during slow periods.

Be prepared for lonely times and for days when you'd kill for a bit of water cooler chat.

4 Network like crazy: Join like-minded groups, attend seminars, stay in touch with former colleagues and volunteer in your community. Be patient because it can take time for such contacts to germinate.

Being self-employed means there'll be days when you'd kill for a bit of water cooler chat.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

6 ways to protect yourself from fraud

HEATHER BUCHAN
for Metro Canada

March is Fraud Prevention Month, a campaign organized by the Competition Bureau of Canada — with seminars taking place across the country on everything from fraudulent telemarketing to Internet scams, to false charities and counterfeit money — to arm Canadians with tips and information on how to protect themselves against all types of fraud.

Fraud Prevention

Here are some of the top tips:

1 When an offer sounds too good to be true, warning bells should go off in your head because the offer probably isn't true.

2 Whether it's a job or investment opportunity you're being pitched, if the offer involves sending money and time-pressure, get independent advice before agreeing to anything.

3 Always log directly on websites, rather than clicking on links you receive in emails, as those links could send you to bogus websites.

4 Never give details about your bank accounts or credit cards to anyone over the phone, by fax or by email unless you know and trust them.

5 If you're told you've won a prize or the lottery, but never entered the contest or lottery, don't agree to anything before checking with an independent source.

6 If you are ever unsure of a situation, you should contact the Competition Bureau, the RCMP, the Canadian Anti-Fraud Centre, the Better Business Bureau or the Charities Directorate of the Canada Revenue Agency.

For a list of seminars, go to https://competitionbureau.gc.ca.

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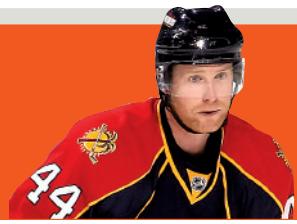
Pace cut by Bears

The Chicago Bears have waived former all-pro tackle Orlando Pace after one season in which he was limited to 11 games because of injuries. Chicago signed Pace last season as a free agent to help patch up a faulty offensive line, but the fading star didn't provide much help. THE ASSOCIATED PRESS

Sports



Penguins land Leopold

The Pittsburgh Penguins have acquired defenceman Jordan Leopold, left, in a deal with the Florida Panthers. Florida traded Leopold to Pittsburgh for a second-round pick in the 2010 NHL Entry Draft. Leopold has seven goals and 11 assists in 61 games for Florida this season. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

With Games over, game on for NHL

A thrilling Olympic tournament capped with a golden goal.

Hockey was enjoying a sudden burst of popularity yesterday, a day after Sidney Crosby lifted Canada to a 3-2 overtime victory over the United States to win the gold medal at the Vancouver Games.

The ending could not have been better for the NHL, with the U.S. and Canada in the final and Crosby's Stanley Cup champion Penguins playing U.S. goalie Ryan Miller's Buffalo Sabres tonight, when most teams are back in action.

Yet the irony is that Crosby's wrister sliding under Miller might be the last Olympic memory the NHL can share.

The league has not yet agreed to stop the season again in four years to enable its players to participate in the 2014 Sochi Olympics. Two-time defending MVP Alex Ovechkin has already vowed that he will play in the Games in his host country regardless of what the NHL decides.

Debate continues to rage as to what effects — both positive and negative — taking a two-week break in the heart of the season has on the NHL. It all seems good when the Olympics are held in North America and its conducive time zones for television coverage of the Games, and when the gold medal game features a dream matchup.

But for every finish like this one, there is also the possibility Sweden and Finland could fight for gold on the last day, as was the case at the 2006 Turin Olympics. And next time out, the Games will be in a time zone that makes for weak television ratings in North America.

NBC said yesterday that Sunday's gold-medal game was the most-watched hockey game in 30 years, drawing an average viewership of 27.6 million.

THE CANADIAN PRESS

DAVID DUPREY/THE ASSOCIATED PRESS

Buffalo Sabres goalie Patrick Lalime makes a save during practice in Buffalo yesterday. Lalime said he will play against the Pittsburgh Penguins tonight.

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ScanLife

Alex Ovechkin more sanguine than his president, says Canada "deserved" to win Olympic gold. Scan this code for the story.

Sports in brief

NHL Nicklas Lidstrom scored a power-play goal with 9:03 left in the third period and lifted the Detroit Red Wings past the Colorado Avalanche 3-2 last night. Jimmy Howard made 22 saves for Detroit.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Detroit 3 Colorado 2

TODAY'S GAMES

Montreal at Boston, 4 p.m.
Carolina at Toronto, 4 p.m.
Chicago at N.Y. Islanders, 4 p.m.
Florida at Atlanta, 4 p.m.
Vancouver at Columbus, 4 p.m.
N.Y. Rangers at Ottawa, 4:30 p.m.
Buffalo at Pittsburgh, 4:30 p.m.
Philadelphia at Tampa Bay, 4:30 p.m.
Edmonton at Nashville, 6 p.m.
Los Angeles at Dallas, 6:30 p.m.
St. Louis at Phoenix, 7 p.m.
New Jersey at San Jose, 8:30 p.m.

NBA

YESTERDAY'S RESULTS

Houston 116 Toronto 92
Atlanta 116 Chicago 92
Cleveland 124 New York 93
Dallas 89 Charlotte 84
Orlando 126 Philadelphia 105
Phoenix 101 Denver 85
Portland 103 Memphis 93
San Antonio 106 New Orleans 92
Utah 104 L.A. Clippers 108

Language boss impressed
Canada's commissioner of official languages says he was impressed by the level of bilingualism at the Olympics, painting a positive final portrait of an event that began under a cloud of linguistic grievance. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

JENNIFER GAUTHIER/METRO VANCOUVER

Christine Nesbitt of Canada skates with the flag following her victory in the women's 1000-metre speedskating race at the Richmond Oval.

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Team Canada celebrates its overtime win in the men's hockey gold-medal game Sunday. Inset: Canada's women's team celebrates with smiles — and suds— after their gold-medal win

Memories from the 2010 Winter Olympics

When the 2010 Winter Olympics were officially declared closed, the near-capacity crowd at the ceremony reacted in a way completely unheard of in Vancouver for almost three weeks.

They booed.

"It was a real mix of emotions," said Vancouver Mayor Gregor Robertson yesterday of the moment in which he handed over the Olympic flag to the next host city.

"I felt so much joy and pride for our city and country ... and not quite wanting to let go. You don't really want something this good to come to an end."

Nothing but raucous cheering in Vancouver and in Canada was heard for the 2010 Winter Games, with the joy so loud that even a belligerent international media eventually got caught up in the excitement.

That joy may be tempered somewhat as the bills for the party begin to roll in.

Both the federal and B.C. provincial budgets will come out this week and it will be difficult not to associate expected cuts with the largesse associated with putting on the world's biggest show.

The various levels of government invested roughly $6 billion on these Olympics, including upgrades to the Sea-to-Sky Highway, a new rapid transit line and the completion of the Vancouver Convention Centre.

The corporate world spent millions more, both to help put on the Games and to create some of the buzz in the city that has left it with a hangover of Olympic proportions.

But through the haze of the morning after comes the question of whether the Games were just a defining moment in Canadian history or a tipping point, forever changing Canada.

The Games, suggested Prime Minister Stephen Harper yesterday, have elevated Canada on the world stage.

"Mark my words, some day historians will look back at Canada's growing strength in the 21st century and they will say it all began right here, on the West Coast, with the best Winter Olympic Games the world has ever seen," he said.

Certain legacies of government spending on the Games were already assured, like the venues which will convert to community centres after the Paralympics.

Others will take work, like converting the thousands of people who used public transit during the Olympics to full-time transit takers.

But the priceless legacy of these Games is the one that's the hardest to harness — national pride.

Even those who aren't from the country found themselves head over heels.

"I'm unashamedly in love with the country," said David Atkins, the Australian-born producer of the opening and closing ceremonies. "I've never been as emotionally connected to a job or a place."

THE CANADIAN PRESS

North Vancouver's Maëlle Ricker reacts to crossing the finish line first in the ladies' snowboard cross final at Cypress Mountain on Feb. 16. The race was delayed due to fog, and Ricker fell during the qualification run, but rebounded to win the gold.

"You don't really want something this good to come to an end ."
Mayor Gregor Robertson

Seven visitors seek refuge status

Seven people who told officials they entered Canada as spectators to the Vancouver Winter Olympics are seeking refugee status in Canada. Citizenship and Immigration Canada says six of those people come from countries that don't require special visas to enter the country. THE CANADIAN PRESS

Vancouver Games

Two weeks in February

KEVIN FRAYER/THE ASSOCIATED PRESS

CAMERON SPENCER/GETTY IMAGES

DARRYL DYCK/THE CANADIAN PRESS

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Clockwise from above: A Canadian fan watches the men's gold-medal hockey game between Canada and the U.S. Markus Puolakka of Finland crosses the finish line of the Men's 500-metre Speedskating race at the Richmond Oval. Martina Sablikova of the Czech Republic celebrates her gold medal with a jump for joy on the podium following the Women's 5,000-metre Speedskating race at the Richmond Oval. Canadian Clara Hughes celebrates before receiving her women's 5,000-metre bronze medal during the ceremony at the Vancouver Winter Olympics. Hughes raced in her final Olympics and was the Canadian flagbearer at the opening ceremonies. Canadian luge athlete Jeff Christie, left, and alpine skier Brad Spence pose for a photo with a 2014 Olympics jersey after the Closing ceremonies at B.C. Place on Sunday night.

DARRYL DYCK/THE CANADIAN PRESS

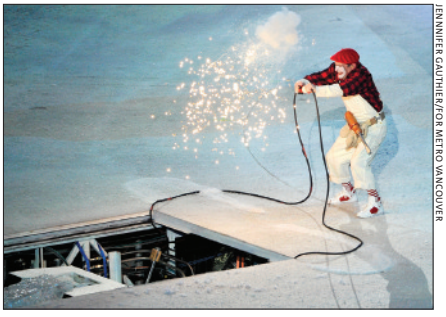
Grey Goose honours Virtue and Moir

Raise a glass to The Goose. Grey Goose Vodka has created a signature cocktail — The Gold Medal Goose — in honour of Tessa Virtue and Scott Moir, whose trademark lift, nicknamed The Goose, helped propel them to Canada's first-ever Olympic ice dance gold medal. THE CANADIAN PRESS

Vancouver Games

JAE C. HONG/THE ASSOCIATED PRESS

JENNIFER GAUTHIER/FOR METRO VANCOUVER



JENNIFER GAUTHIER/FOR METRO VANCOUVER

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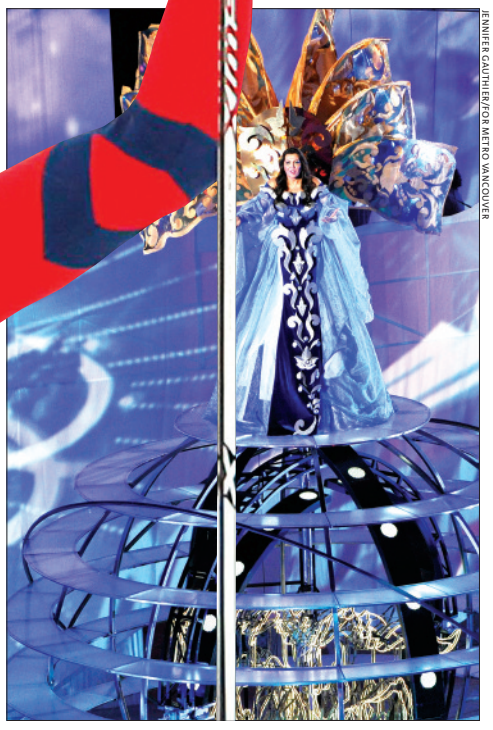
MATTHIAS SCHRADER/THE ASSOCIATED PRESS



JENNIFER GAUTHIER/FOR METRO VANCOUVER

Clockwise from above: An emotional Joannie Rochette following her bronze-medal short skate on Feb. 23. Alexandre Bilodeau during his moguls qualifying run Feb. 14 at Cypress Mountain. Bilodeau would become the first Canadian gold medalist on home soil. Mayor Gregor Robertson waves the Olympic flag one last time Sunday in Vancouver before handing it over to IOC President Jacques Rogge. Kristina Groves of Canada smiles during the ladies 3,000-metre speedskating race at the Richmond Oval on Feb. 14. Opera singer Mariya Gulegina performs during the Sochi 2014 cultural presentation. Norway's Petter Northug crosses the finish line to win the gold medal during the men's 50k cross country race on Sunday. The crowd erupts in cheers as VANOC CEO John Furlong references Canada's last gold medal of the games, the win in men's hockey. The Games' closing ceremonies featured a tongue-in-cheek repair to the cauldron stand that malfunctioned in the opening ceremonies.

Looking ahead to London Summer Games

After a record gold medal haul and the lift from Canada's most successful Olympics ever, sports leaders are aiming for a top-12 finish for Canadian athletes at the 2012 London Summer Games. That could translate to a haul of 20 medals — or more. THE CANADIAN PRESS

Vancouver Games

Stage being set for Paralympics

As the curtain is drawn on Vancouver's Olympic Games, the stage is being set for Canada's first Winter Paralympics.

The Paralympics, which feature athletes with physical disabilities, are smaller in size but just as competitive on the playing field as the Olympics. Organizers hope the event has just as large an impact on Canada as the Games.

"More than anything, it's the legacy that can be left in terms of promoting the movement to the rest of Canada and exposing our athletes to the rest of Canada," said Blair McIntosh, chef de mission of the Canadian team.

Seeing Canada's Olympic athletes grab a pocket full of gold has sent a surge of adrenalin through the Paralympians.

"They are pretty pumped," said McIntosh. "They are really excited about the opportunity to compete on home soil.

"The awareness is out there more than it has been before. The opportunity to perform on home soil is an outstanding opportunity for them."

The Paralympic team has set a lofty goal of winning enough gold medals to finish among the top three countries. The International Paralympic Committee ranks countries on their gold medal performance, said McIntosh.

At the 2006 Paralympics in Turin, Italy, Canada was ranked sixth after earning 13 medals, including five gold, three silver and five bronze.

The Russian Federation led the medals table with 13 gold and 33 total medals. Germany was next with eight of its 18 medals being gold.

Ukraine, France and the U.S. all had seven gold medals.

McIntosh is confident Canada can reach its top-three objective.

THE CANADIAN PRESS

Canadian team

- The Paralympics will attract 1,350 athletes and team officials from 44 countries between March 12-21. Canada will be represented by a team of 55 athletes and 55 support staff. The team will include 25 returning athletes, including Colette Bourgonje, who will be competing in her sixth Winter Paralympics and ninth Games over all.

Closing ceremonies **Parade of athletes**

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Canadian bobsledder and gold medallist Heather Moyse, centre, waves to the crowd during the parade of athletes at the closing ceremonies of the Vancouver Winter Olympics.

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SPECIAL FOCUS ON:
Spring into a new you

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Boot it up and get outside

Longer days make it easy to incorporate the outdoors into your routine

CELIA MILNE
for Metro Canada

Need to get rid of winter belly fat? Eating well is key, but so is exercise.

The best prescription, according to two fitness experts, is to get outside and walk, run, or play.

After you've done some cardio, focus on your tummy.

Crunches (sit-ups) are out, says Shawna Kaminski, a certified boot camp instructor in Calgary. The plank is in.

The plank, which is done in a position similar to a push-up, except the elbows and lower arms are on the floor, targets the abdominal area and is much safer and easier to learn than crunches.

"Hold the position for as long as you can. As you get stronger, hold it for longer periods," says Kaminski. "You'll have a stronger, flatter tummy."

The bonus: Having a strong core will reduce back aches and improve posture. Another amazing exercise, which can be done anywhere, anytime, is the good, old-fashioned push-up.

"There is nothing new or glamorous about doing push-ups, but they work!" says Kaminski, who has been a physical education teacher for 20 years, as well as a national competitor in swimming and freestyle skiing, a bodybuilder, and a certified adventure boot camp instructor (calgaryNWBootCamp.com).

Push-ups work muscles of the upper body such as your chest, shoulders and triceps — as well as your core muscles. If done regularly, they'll also do wonders for those "Hello Ednas," the pesky flab flaps behind your arms.

If you can't do full push-ups, do them with your knees on the ground.

Outdoor boot camps — which provide the incomparable value of exercising with a group, getting fresh air and having fun all at the same time — are exploding across the country.

"My clients tell me they prefer to exercise outdoors because they find gyms stuffy and sweaty and they worry about germs.

PHOTO PROVIDED

Beige may be the new black, but the plank is the new sit-up.

"You don't need a lot of fancy equipment to exercise outdoors. Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing."

"Plus, you can't beat the amazing scenery," says Sandra Banks, a certified personal trainer in Vancouver (vancouveroutdoorfitness.ca).

You don't need a lot of fancy equipment to exercise outdoors, says Kaminski.

Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing.

"You are only limited by your imagination. How long has it been since you tried the monkey bars?

"You'll have new respect for children once you try this challenging upper body exercise," she says.

Aim for losing weight slowly: One or two pounds a week is recommended as best.

"If you have a lot of weight to lose, plan on attending boot camp or some other exercise regime long term," advises Kaminski.

PHOTO PROVIDED

Gyrotonic apparatus helps to build muscle and enhance coordination.

Tonic for a healthy mind and body

CELIA MILNE
for Metro Canada

There's a new workout in town.

Gyrotonic, which is inspired by swimming, tai chi, yoga and dance, involves graceful movements done on wood-framed equipment.

Like yoga, it takes a while to learn properly, but once you get it, it is an amazing workout that will leave you sweaty and out of breath but calm.

The goal of Gyrotonic, which is very new in Canada, is to build strength and coordination, says Crispin Redhead, a trainer and former dancer who runs Gyrotonic Toronto.

The exercises are designed to increase the space between the vertebrae by moving several parts of the body simultaneously. The movements are fluid and somewhat unconventional — twists, bends, spirals and stretches.

They were developed by former dancer Juliu Horvath in the 1960s. Redhead learned the techniques in New York City and brought the machines and the discipline to Toronto.

Redhead has clients from age 14 to age 84. They include athletes looking for a balanced workout, professional dancers who want to improve their performance, as well as regular folk toning muscles or rehabilitating an injury.

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A scent sweetens the lives of women

JON TATTRIE
for Metro Canada

When Canadians think of Afghanistan, images come to mind of soldiers, dusty mountains and burkas. When Barb Stegemann thinks of Afghanistan, she smells flowers and a new perfume she's about to unleash on Canada.

PHOTOS PROVIDED

Barb Stegemann

PHOTOS.COM

The orange-blossom oil she uses is sold by Afghani women.

"It's really precious. My perfumer says it's one of the greatest scents ever," the Halifax businesswoman and author says of Afghanistan Orange Blossom Eau de Parfum.

"It's very fresh. It's got lighter notes of freesia and other citrus notes, but mainly (it's) the orange blossom oil with a hint jasmine. The perfume is incredible: it makes me happy," she laughs. "The minute you smell it, you associated it with light, fresh, happy; we're changing the perception of a community. There are some beautiful things in Afghanistan."

Born in rural Nova Scotia, Stegemann moved to B.C. and ran a consulting firm before returning to Halifax. Two years ago she published The Seven Virtues of a Philosopher Queen: A Woman's Guide to Living and Leading in an Illogical World and became a full-time author and motivational speaker.

Now she's set her sights on the beauty world with Afghanistan Orange Blossom. Stegemann buys orange-blossom oil directly from women in Jalalabad, Afghanistan. That allows them to earn a decent living without being beholden to the Taliban and it allows Stegemann to produce what one fashion magazine called an "absolutely glorious" scent.

Stegemann has a professional perfumer turn the oil into perfume and has long-term ideas about branching out into candles and bath oils.

Like her book, the perfume's packaging comes infused with quotes from poets and leaders. During the steep learning curve of bottling her own perfume, Stegemann was delighted to discover that "Gandhi" means "seller of perfume." Mohandas Gandhi is one of her personal heroes.

For Stegemann, the total package is about 3-D beauty. "It's the new retail therapy: You come, you want to look more beautiful, you leave more beautiful on the inside," she explains.

Afghanistan Orange Blossom is being launched on International Women's Day (March 8) and will be available at The7virtues.com and select retail outlets across Canada.

Sweating it out together

The J Spot

Josey Vogels

metronews.ca/thejspot

Getting on the same fitness page as your partner can be tricky. You've vowed to love each other in sickness and in health.

But when your idea of health is getting to the gym five days a week and eating a diet of fresh veggies and lean protein while your partner's idea of living healthy is not to "biggie" their fries, it can cause friction in the relationship.

With Olympic Fever still in the air and Spring Fever right around the corner, it's the perfect opportunity to try and get your fitness goals in sync.

Of course, "Honey, get your fat butt off the couch and come to the gym with me," is not likely to motivate your partner. In fact, the word "fat" should never be uttered according to Tina Tessina in an article on thatsfit.com. Tessina, a psychotherapist and author of How to Be Free and Still Be a Couple says the best way to raise the weight issue is to approach it from a health perspective. Instead of telling your partner they've gained weight (duh, honey, really?), gently bring up the topic by saying, "I want you to be around for a long time and I'm worried about your health."

Yeah, I know, they'll know you're just finding a nice way to say they've packed on a few, but it may make them more open to doing something about it if you're at least nice and supportive about it.

Nagging your partner or criticizing them will only send them straight for the nearest bag of potato chips. Instead, influence by example. Prepare healthy snacks for yourself and keep healthy snack options in the house.

Rather than radically changing your diet and eliminating all your partner's favourite foods, make subtle changes. Switch out the hamburger for ground turkey in the chili, for example. Go grocery shopping together so you're both involved in meal planning and food choices. Also, while not exactly a candlelit dinner, it's still an opportunity to spend some time together.

Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together. Just make sure the activity is something you both like. If you're a gym bunny but your partner would rather eat glass than get on a treadmill, find activities you'd both enjoy, like bike riding, hiking or, I don't know, nude mud wrestling.

"Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together."

Hey, don't laugh. Regular exercise may make you want to get naked with each other on a more regular basis. Studies show that people that exercise regularly feel better about themselves, perceive they are more sexually desirable and experience greater levels of sexual satisfaction.

So, if you've run out of ways to motivate your partner to get healthy

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

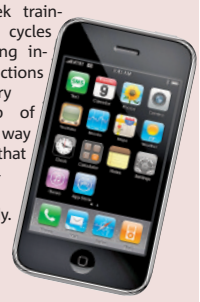
Three fun fitness iPod applications

Metro World News

• **HUNDRED PUSHUPS** A popular iPhone app that helps planning and reminding users to do the daily push-ups. The app keeps track of days and weeks and adjust the program to your current "exhaustion" level.

• **RUNKEEPER** One of the most popular aerobic exercise tracking apps was also one of the first. RunKeeper tracks duration, distance, speed and pace (and more) and helps motivating users to continue pushing further.

• **IPUMP TOTAL BODY** This one is for the real testosterone junkies out there, aiming to provide a pocket-sized personal trainer. The app breaks exercises down into four-week training cycles giving instructions every step of the way to that perfect body.



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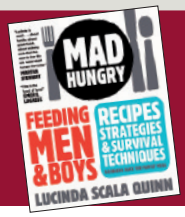
"Fat Doug" hamburger wins
Food Network Iron Chef Michael Symon's "Fat Doug" hamburger was recently named top burger at the South Beach Wine and Food Festival. It was a beef patty topped with pastrami, Swiss cheese and coleslaw on a brioche bun. THE ASSOCIATED PRESS

Food



The way to a man's heart...

Lucinda Scala Quinn is a devoted cook who believes that the way to her four males' hearts and stomachs is to provide them with homemade meals. So the vice-president and editorial director of food and entertaining for Martha Stewart Omnimedia is sharing her strategies and recipes in her fourth cookbook, Mad Hungry: Feeding Men & Boys (Artisan, $39.95). She also provides survival techniques for bringing back the family meal. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Cheers to Oscar

Last year's snub of The Dark Knight convinced the Oscar brain trust to acknowledge 10 flicks this year. Here's my annual (yet abbreviated) booze matches for the nominees.

AVATAR: I love my science fiction and the big blue Na'vi inspire the choice of **Hpnotiq** ($40 - $49.99) — a blend of vodka, cognac and tropical fruit juice — as the perfect colour-coordinated partner.

UP IN THE AIR: I fly a lot and when grabbing a drink on board I turn to a neutral spirit which, of course, is served in a 50 millilitre bottle. A little (literally) **Absolute Vodka** ($2.99 - $3.25) helps me go a long way.

INGLOURIOUS BASTERDS: All the Nazi scalping fun takes place in France so I'm sure the boys would have enjoyed a mug of French lager like the creamy **Kronenbourg 1664** ($2.60 - $2.99).

A dish for any crowd

Serving dinner to mixed company — vegetarians and meat eaters, that is — can be a tricky affair. Hearty pasta dishes are your easiest path to culinary harmony.

Bow-tie pasta with rapini and chickpeas is a fine option for several reasons.

First, the rapini (also called broccoli raab, a pungent relative to broccoli) gives the dish an assertive, complex flavour that will please varied palates. The chickpeas also provide a meaty texture, as well as satisfying protein.

If the rapini is too strong for your taste, milder broccolini makes a good substitute.

And if your heart's set on putting some meat in the dish, sweet or hot Italian sausage makes a tasty addition. Or a little cooked bacon crumbled over the top is nice, too.

Consider serving this pasta with some crusty bread and a salad dressed with a tart vinaigrette to balance the bold flavours of the dish.

Bow-Tie Pasta with Rapini and Chickpeas.

Serve with crusty bread and a vinaigrette salad

Bow-Tie Pasta with Rapini and Chickpeas

MAKES 4 SERVINGS

INGREDIENTS:

- 1 kg (2 lb) rapini (broccoli raab)
- 250 g (8 oz) bow-tie pasta (farfalle)
- 30 ml (2 tbsp) extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ml (1/4 tsp) red pepper flakes
- 1 can (398 ml/14 oz) chickpeas, drained and rinsed
- 15 ml (1 Tbsp) lemon juice
- Salt and ground black pepper, to taste
- 50 ml (1/4 cup) grated Parmesan cheese, or to taste

METHOD:

1. Bring a large pot of salted water to a boil.

2. Trim and discard stem ends, yellowed leaves and any stems thicker than 0.75 cm (1/3 inch) from rapini. Chop coarsely.

3. Add rapini to boiling water (in batches if necessary) and cook until tender, about 2 minutes. Using a large slotted spoon, transfer rapini to a colander to drain, using spoon to press out any excess liquid. Leave pot of water over heat.

4. Add pasta to boiling water and cook according to package instructions.

5. Meanwhile, in a large skillet over medium-low, heat oil. Add garlic and cook, stirring constantly, for 90 seconds. Add red pepper flakes and cook, stirring constantly, for 30 seconds. Add chickpeas, lemon juice and drained rapini. Stir until well combined and heated through. Season with salt and pepper.

6. Drain pasta and transfer to a serving bowl. Add rapini mixture and Parmesan cheese, then toss to combine. Serve with extra grated Parmesan for topping, if desired.

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Roger Jr. speaks to Oprah

Roger Ebert, who lost the ability to speak after a series of cancer-related surgeries, is now able to "talk" again using a computer voice simulator he designed which will allow him to regain his "voice." He plans to debut "Roger Jr." on today's Oprah Winfrey Show. EW.COM

Entertainment

Coco to wed

Canadian supermodel Coco Rocha announced on her website yesterday that she is engages. Fiancé James Conran proposed to Rocha last week, she adds.

METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Last chance for Death Row

Canadian-run gangsta rap label mired in controversy

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

It won't come as a surprise for you to know that I've never been to a Death Row Records party, but I can imagine what it would have been like. The venerable rap label, started by endlessly incarcerated Suge Knight and hip-hop legend Dr. Dre, played a major role, if not the biggest part, in gangsta rap's popularity. It's no secret that guns, drugs and dubious characters played a big role in the label's success — and downfall — so a night out with the likes of Tupac, Snoop and Knight would have been wild to say the least.

It should be a different story tonight, when Death Row's new parent company, Toronto-based WIDEawake Entertainment, unveils its new 6,000-square-foot multi-media studio. There will likely be no old Death Row artists, corrupt cops, or former inmates at this shindig, only lawyers, media and business types.

The new Death Row, run by Lara Lavi, a self-proclaimed Jewish soccer mom, is about as far from gangsta as the label can get. It's still mired in controversy, but it's more of the white-collar variety (Lavi's suing WIDEawake for trying to dump her, Dre is suing Death Row for re-issuing The Chronic without his permission). Still, former Death Row engineer and now label president John Payne, said, in an interview with 411mania.com, he hopes to put out new hip-hop music and continue to release songs from its back catalogue.

Death Row Records, which was started by Suge Knight, above, and hip-hop legend Dr. Dre is now in Canadian hands.

But, I have to ask, what's the point? Names like Tupac Shakur and Snoop Dogg are still big money makers, and the label's publishing assets are in the millions,

> **"I don't know if there will ever be the same street appeal for that label again."** Jake Brown

but without the violence, drugs and the controversial leader, the Death Row brand isn't nearly as strong as it once was.

"I don't know if there will ever be the same street appeal for that label again," says Jake Brown, author of The Rise and Fall of Death Row Records.

Brown adds that even the label's hope that rap fans will keep coming to the Tupac well over and over again may be misguided. "Most of those masters have either been repackaged or remixed," he says. "And Tupac fans, who have been an extraordinarily loyal consumer base, already bought those records."

The only way the label can rise from the ashes and regain its cred is by installing a name figurehead as president — like Priority Records did when it made Snoop Dogg its "creative chairman."

It also needs to sort out its legal issues, something it may be able to do better than Knight. But with a rising debt of about $25 million, WIDEawake could sell the label before it really gets off the ground.

Whatever happens to this once powerful music machine, Brown says Knight let go of the label a long time ago. "He's over all of it," says the author. "The guy's seen so much in life that nothing shocks him."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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Plex brings aboriginal voice to hip hop

BRIAN TOWIE
Metro Canada

Plex wants to live in a country that trades on multiculturalism to pay more attention to the plight of its Native communities.

The Edmonton-born, Toronto-based MC and founding member of hip-hop collective Won 18 (and brand new dad) delivers that message on his solo debut Brainstorm. The collaborative, eclectic and always confident grassroots collection range from relaxed to raging, taking aim at the rough lives of Native peoples and a public that does not to see it.

Call hip hop the perfect medium to give the voiceless a way to say something, argues Plex (a.k.a. Doug Bedard, the son of an Ojibwa mother and Ukrainian-Romanian father).

Brainstorm is the solo debut album from Alberta artist Plex.

"A lot of aboriginal people, especially in Canada, grew up in low-income areas," says Plex. "A lot of hip hop was based on that, especially in the poorer areas of New York. It's relatable for us."

A subject near and dear to Plex's heart is the impact of oilsands in northern Alberta on Native peoples. As a former insulator on a rig, he says he saw first-hand the environmental and social devastation they brought. Not so easy to find people who will listen, however, when the province depends on the money flowing out of them.

"I don't think it serves the media any good to push it that much, especially in a province where the oil industry controls so much," he says. "But the devastation is across the board. People are getting sick.."

In the meantime, Plex will continue to foster grassroots rappers with his music label New Leaf Entertainment, and encourage aboriginal culture into mainstream circles with The Plex Show — an Aboriginal Voices Radio program profiling indigenous talent that airs across Canada on Friday nights.

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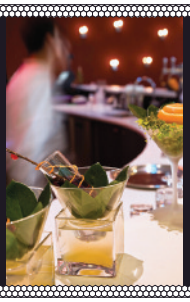

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Good Wife, good TV

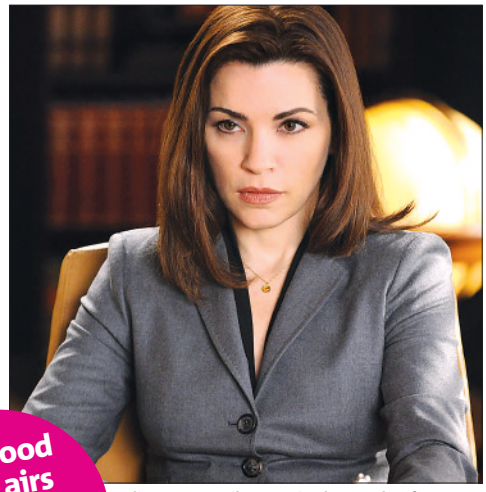
Successful CBS series returns for second season

Had The Good Wife not succeeded in its first season on CBS, creators Robert and Michelle King would have been happy to let the final scene of their 13th episode stand as the series finale.

The episode ended with a knock on the door, as the wayward husband portrayed by Chris Noth returns home from jail and greets his wronged wife Alicia, played by series star Julianna Margulies.

Instead, the scene is the starting point for the rest of the series' life, beginning today at 10 p.m. Disgraced Chicago politician Peter Florrick is under house arrest, trapped among a family changed because of his infidelities and not really sure if it wants him back.

The Good Wife has been a strong performer for CBS, nestled into a popular Tuesday lineup with the NCIS franchise, and the Kings know it will be on at least through next season and probably beyond. A scripted hybrid — part procedural and part an ongoing rumination on a damaged public marriage — the series has been a star turn for Margulies.



Julianna Marguiles stars in The Good Wife.

The Good Wife airs today on Global and CBS

"You would never have wanted to end it where it would be such a conclusion that everyone's satisfied, because that's not Alicia's life," said Robert King, one half of the husband-and-wife team that produces the series. "Alicia's life is filled with questions."

Among the upcoming questions: Will Peter be able to handle house arrest without going crazy? How does Alicia deal with a law firm that becomes increasingly ethics-challenged to survive? And is the law school buddy who gave her a chance to work more than just a buddy?

The Kings' inspiration for The Good Wife is obvious — the Spitzers, the McGreaveys, the Clintons and all those other marriages turned upside down by a politician's bad private behaviour.

In all these scandals, the Kings were more interested in the characters at the edge of the screen — the wives — and thought they offered fertile ground.

"Those women were a heck of a lot more interesting than the men who were cheating on them," Michelle King said.

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Polytechnique leads Genie nominations

AWARDS Polytechnique, Denis Villeneuve's big-screen take on the 1989 Montreal massacre, has nabbed a leading 11 Genie nominations. The awards celebrate the best in Canadian film.

Nurse.Fighter.Boy, director Charles Officer's urban tale of a single mother and her son, landed 10 nominations while the Inuit survival story Before Tomorrow — from co-directors Marie-Helene Cousineau and Madeline Piujuq Ivalu — snagged nine. The Academy of Canadian Cinema & Television revealed the nominees at a news conference yesterday. This year's show will be held in Toronto on April 12.

THE CANADIAN PRESS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/2/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	Lost "Sundown" (N) (CC)		American Idol The top 10 female semifinalists perform. (CC)				Law & Order: Special Victims		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		P3	Diya (CC)	20/20 (N) (CC)		New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Mother's Day" (N)		NCIS: Los Angeles (N) (CC)		The Good Wife "Bang" (N)		News
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	253	359	13 CITY	The Office	The Office	The Biggest Loser Temptation winner makes team selections.				Parenthood "Pilot" (CC)		EP Daily
	-	-	14 CW	The Office	The Office	90210 "Winter Wonderland"		Melrose Place "San Vicente"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Mother's Day" (N)		NCIS: Los Angeles (N) (CC)		The Good Wife "Bang" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser Temptation winner makes team selections.				Parenthood "Pilot" (CC)		KING 5 News
	602	568	19 W	Supernanny "Dostal Family"		Shopping	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	288	380	24 ABC	Wheel Fortune	Jeopardy! (N)	Lost "Lighthouse" (CC)		Lost "Sundown" (N) (CC)		20/20 (N) (CC)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	M*A*S*H	Road Rage ★ (2000) Casper Van Dien, Danielle Brett.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	NOVA "Pluto Files" (N)		Frontline (N) (CC) (DVS)		Independent Lens (N) (CC)		Grain of Sand
	290	382	23 FOX	Two/Half Men	Two/Half Men	American Idol The top 10 female semifinalists perform. (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline (N) (CC) (DVS)		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)		NOVA "Pluto Files"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Winter Wonderland"		Melrose Place "San Vicente"		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	68 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	53 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MMA Conn	NHL Hockey Vancouver Canucks at Columbus Blue Jackets.					Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	SportsCentre (Live) (CC)			2009 World Series of Poker Main Event, from Las Vegas. (CC)					SportsCentre
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	65 SC	Dangerous Drives		Pass Time	NASCAR Hub	Race in 60 "Las Vegas"		Monster Jam		Danger-Drives
	416	409	144 GLF	Fútbol Español		Toronto-Today	Premier	Gol TV News	Gol a Gol	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Scorpion	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Billy Connolly: Journey to the		Alice Neel (2007, Documentary) Premiere. (CC)			Annie	Radical Dream
	575	583	20 CMT	Home Imp.	Home Imp.	Top Twenty Tearjerker Videos		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	42 MM	(6:30) Muchmusic Countdown		MuchOnDemand (CC)		America's Best Dance Crew		Love Court	Love Court	Video on Trial
	600	564	48 H&G	House Hunt	House	Holmes on Homes (CC)		Million Dollar Listing (CC)		Bang, Buck	Genevieve	House
	615	520	61 A&E	CSI: Miami (CC)		CSI: Miami (CC)		(:01) Criminal Minds "Lo-Fi"		(:01) Criminal Minds (CC)		CSI: Miami
	628	584	62 SPKE	Blue Mountain	Players	UFC Unleashed (CC)		UFC Unleashed (CC)		Blue Mountain	Players	Mysteries
	521	560	82 TLC	Little Parents	Little Parents	The Tiniest Girl in the World		19 Kids-Count	19 Kids-Count	Little Parents	Little Parents	Ultimate Cake
	616	522	63 SHO	Relic Hunter (CC)		Termination Point (2007, Suspense) Jason Priestley. (CC)				Drop Dead Diva "The Dress"		NCIS (CC)
	620	523	40 BVO	Paul Potts-Royal		Law & Order "Girlfriends"		Without a Trace "Trip Box"		Wit ★★★ (2001) Emma Thompson. (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives-Atlanta		Real Housewives, Orange		Runway
	520	505	42 DIS	Swamp Loggers (N)		Daily Planet (CC)		Destroyed	Destroyed	Swamp Loggers		How It's Made
	522	506	44 HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Fringe William Bell resurfaces.		InnerSpace	Stargate SG-1 "Fail Safe"			Star Trek: Next Gener.	Star Trek: Voyager (CC)	
	294	650	57 TBS	The Office	The Office	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Parking Wars	Parking Wars	Rescue Ink "In Your Face"		Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	69 FN	Good Eats	Good Eats	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	58 AMC	(5:00) To Kill a Mockingbird		To Kill a Mockingbird ★★★★ (1962, Drama) Gregory Peck, Mary Badham, Philip Alford.						Anastasia
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	320	621	30 CEN	(6:30) Hidden Crimes (2009)		Year One ★★ (2009) Jack Black. (CC)			(:40) Sex Drive ★★ (2008, Comedy) Josh Zuckerman. (CC)			
	581	566	101 MTV	16 and Pregnant "Valerie" (N)		MTV Live	Sex News	Taking, Stage	Buried	16 and Pregnant "Valerie"		MTV Live
	261	394	102 V	Unscripted (N)	CrazyLove	Poltergeist: The Legacy		Inherit the Wind ★★★ (1960, Drama) Spencer Tracy, Fredric March. (CC)				
	-	-	105 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Parenthood
Freely adapted and updated from the 1989 movie comedy of the same title, this new dramedy views contemporary family life as reflected by the large and colorful Braverman clan. In the series premiere, Sarah (Lauren Graham, "Gilmore Girls"), a single mom, returns to Berkeley, Calif., to be closer to her family, while brother Adam (Peter Krause) learns that his son (Max Burkholder) has Asperger's syndrome. Craig T. Nelson and Bonnie Bedelia also star. 10 PM on NBC, CITY

Kids in the Hall: Death Comes to Town
The plot thickens in the sixth installment of this comical murder mystery series. Questions arise about Crim's (Scott Thompson) guilt when Shuckton is rocked by a second murder, and Ricky's (Bruce McCulloch) investigation turns up not one but two shockers. Kevin McDonald, Mark McKinney and Dave Foley also star in the new episode "Cause of Death." 9 PM on CBC

Cowell's girlfriend shows up with engagement ring

Simon Cowell's, left, makeup artist girlfriend, Mezhgan Hussainy, stepped out in public for the first time sporting the whopping engagement ring the American Idol judge gave her after proposing, according top Popeater. METRO WORLD NEWS

Celebrity Buzz

Douglas admits he wasn't the best dad

LIKE FATHER, LIKE SON. With Cameron Douglas facing 10 years of jail time at his April 27 sentencing on a drug conviction, his father, Michael Douglas, is taking stock of his role in Cameron's upbringing — and sees parallels to his relationship with his own father, Kirk, people.com reports.

"My priorities were very similar (to my father's). Career first," Douglas tells Vanity Fair's April issue in describing Cameron's early years.

When Douglas and his first wife, Diandra Luker, split in the 1990s, it left Cameron with a largely absent celebrity father — much the same situation that Michael endured when his parents divorced in the 1950s.

"The history of second-generation actors isn't great in our industry. It's kind of a tragic road, actually," says Douglas, who went to rehab for alcohol problems in the early 1990s. It's a pattern that has continued with the third generation, as Cameron himself was once an aspiring actor.

Cameron, 31, pleaded guilty in January to distributing a large quantity of crystal meth. Michael, 65, has repeatedly put a brave face on how he's been dealing with his son's drug and legal problems.

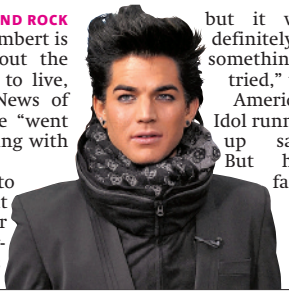
"Anybody who has a relative or child in substance abuse has some idea of what this feels like. This is one of those worst-case scenarios," says the actor who stars in the upcoming Wall Street: Money Never Sleeps.

METRO NEWS SERVICES

Lambert says he has gone wild with drugs in the past

ALL'S FAIR IN LOVE AND ROCK AND ROLL Adam Lambert is coming clean about the wild life he used to live, telling Britain's News of the World that he "went wild" experimenting with drugs.

"It didn't get to the stage where it ruined my life or where it was anything too serious but it was definitely something I tried," the American Idol runner-up says. But he's far from repentant over his past indulgences.



"There are so many parents who are too conservative in America. There are certain drugs out there that are really fun and recreational and can mean a good time. I'm not an advocate for drugs, but it is all rock and roll and we are all adults."

METRO WORLD NEWS

She doesn't feel worthy

BUT I'M SURE WAYNE AND GARTH WOULD DISAGREE Anne Hathaway doesn't think she deserves her success, femalefirst.co.uk reports.

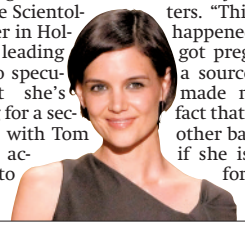
The 27-year-old actress believes she has been fortunate to land so many big roles, but admits she has often found herself out of her depth when working with big Hollywood names.

She said: "I owe so much of my career to luck. My mother always told me that luck is preparation meets opportunity and I've been given extraordinary opportunities to work with filmmakers long before I was talented enough and deserved to work with them. I've learned a lot from them. I just keep getting hired. I consider myself lucky and I don't know who is responsible for it."

METRO NEWS SERVICES

Holmes 'audit' claims lead to baby speculation

WILL SURI GET A SCIENTOLOGY-APPROVED SIBLING? Katie Holmes is allegedly undergoing intense "auditing" at the Scientology Center in Hollywood, leading sources to speculate that she's preparing for a second child with Tom Cruise, according to Page Six.



Holmes has been reportedly spending up to four hours at a time in the high-security church headquarters. "This is exactly what happened just before she got pregnant with Suri," a source says. "Tom has made no secret of the fact that he would like another baby. It is almost as if she is being prepared for it."

METRO WORLD NEWS

Jude finally meets daughter

AND HER FIRST WORDS WERE: CHILD SUPPORT Jude Law met with Samantha Burke, the mother of his five-month-old daughter, for the first time since baby Sophia was born, according to the Sun. The two sat down in Miami with Law's lawyer to decide on plans for how the actor should support the mother and child.

"Jude was very on edge about the meeting," a source says. "The pregnancy wasn't planned but he wants to do the right thing. It's not like he can hide. As soon as Sophia can use the Internet she can find out who her dad is."

METRO WORLD NEWS

Sheen off to splitsville: Report

THE REAL SHOCK IS THAT IT LASTED SO LONG After a rough few months following their highly publicized row, Brooke Mueller is reportedly planning to file for divorce from Charlie Sheen, according to Radar Online. "Brooke wants out. She's said it before and she's saying it again right now," a source tells the website. "She's worried though, because Charlie has a lot of dirt on her. Using drugs while raising children is obviously a horrible situation."

METRO WORLD NEWS

Tiger does sex rehab at home

WERE THE OTHER PATIENTS TOO DISTRACTING? Tiger Woods is reportedly back in rehab for sex addiction, only it's not at the Pine Grove facility in Mississippi, where he had been reported to be staying, according to Page Six. Instead, the embattled golfer is receiving private treatment at a home in Cave Creek, Ariz.

And his wife, Elin Nordegren, has allegedly been there with him. "Elin was with him, but she's heading back to Florida," a source says.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

KEVIN SMITH is reeling from a call from Gov. Schwarzenegger, **JUSTIN BIEBER** can concentrate on more than one game at a time, **JESSICA SIMPSON** is offering free romantic advice, and **LILY ALLEN** is helping her pooch recuperate after a fight.

@ThatKevinSmith If you'd have told me that one day Arnold was gonna call me because I was fat, I would've been... well, scared. But he was really nice.

@justinbieber At the laker game with the hockey game on the tv screen. Today is a great sports day. Canada for the gold

@JessicaSimpson You can't love someone else to change them. Happiness comes from accepting who they are. It is our decision to REALLY know who we love.

@lilyroseallen Mabel got beaten up by bigger dogs. She went to doggy hospital, but she's ok.

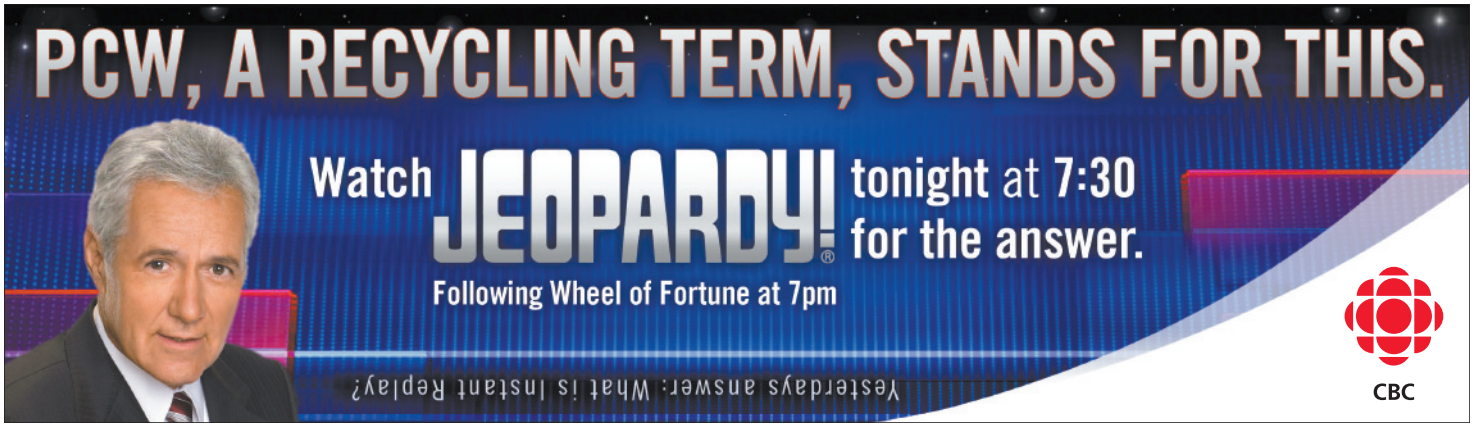
METRO NEWS SERVICES

Well they both have long hair

GROHL'S BIOPIC PICK The proposed Kurt Cobain biopic will undoubtedly proceed without his blessing, but Dave Grohl, former Nirvana band mate and Foo Fighters frontman, is taking a stand when it comes to who should portray him, people.com reports.

"I don't know about anyone else, but I'm crossing my fingers that Shelley Duvall plays me," the musician deadpans to People.

METRO NEWS SERVICES



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Today Rain 70% 10°/6°
Wednesday Variable 10°/5°
Thursday Showers 40% 9°/5°
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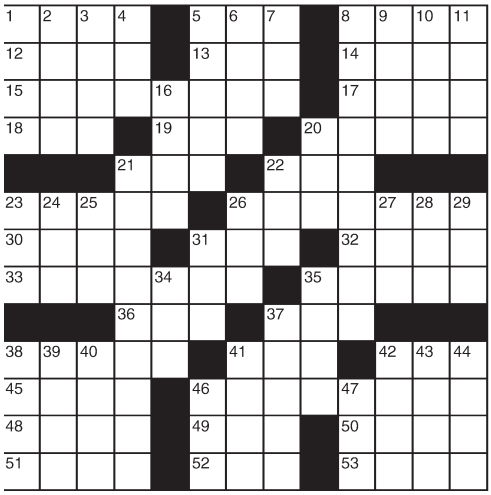
Take Five



ACROSS

1 Just adorable
5 Potential syrup
8 Heavy reading
12 Somewhere out there
13 Big bother
14 Suitable
15 Highly rated
17 Incite
18 "Guinness Book" suffix
19 URL ending, often
20 Uncouth
21 — Francisco
22 Marshy area
23 Playwright Chekhov
26 Need
30 Stead
31 No mere mist
32 Notion
33 Panic-stricken
35 Take for one's own
36 Wall Street average
37 Previous night
38 Jazz style
41 Grand- —, N.S.
42 Twosome
45 Beige
46 Lasting 60 minutes
48 Carpet type
49 Dadaist pioneer
50 Arab commander
51 "Poppycock!"
52 Still
53 Townshend or Sampras

DOWN

1 Eatery
2 Roswell sightings
3 Lacking slack
4 Show fallibility
5 Humpty Dumpty — a wall"
6 Leading man?
7 "— favor, señor"
8 Sightseers' aide
9 Gumbo ingredient
10 Periodicals, briefly
11 Spuds' buds
16 Read bar codes
20 — au vin
21 Old-time prospector
22 Plead
23 Carte lead-in
24 Zilch
25 Afternoon social
26 Scepter
27 Altar affirmative
28 Agt.
29 Corrode
31 A handful
34 Unruly hair
35 State with confidence
37 Burst forth
38 Number one
39 Reverberate
40 Support group?
41 Skin opening
42 Round top
43 Troop group
44 Shrek, for instance
46 Dinner for Dobbin
47 You can't stand to have it

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

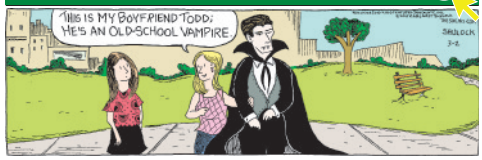
7		6	5		9	2		1
		1				4		
3	4						5	6
			3		8			
	3						6	
			9		7			
9	1						4	3
		2				8		
6		3	8		4	9		7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	1	4	6	9	8	2	7	3
7	9	8	3	2	1	6	5	4
3	6	2	7	4	5	9	1	8
1	8	9	4	6	7	3	2	5
4	7	3	5	1	2	8	9	6
6	2	5	9	8	3	1	4	7
9	3	6	1	7	4	5	8	2
2	5	7	8	3	9	4	6	1
8	4	1	2	5	6	7	3	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Greek Salad with Tahini Dressing

INGREDIENTS:

7 oz (200 g) feta cheese
1 small romaine lettuce, torn
1/2 cucumber, halved lengthwise and sliced
12 oz (375 g) large plum tomatoes, sliced
1 small red onion, halved and thinly sliced
20 pitted black olives
4 tbsp (60 mL) extra virgin olive oil
1 tbsp (15 mL) tahini
1 tbsp (15 mL) lemon juice
4 large sprigs of fresh flat-leaf parsley

METHOD:

1. Remove feta from package, drain liquid and put into small bowl of cold water. Leave to soak while preparing salad.
2. Divide lettuce among four individual serving plates, then top with cucumber, tomato and red onion slices. Scatter with olives.
3. Whisk oil, tahini, lemon juice and some ground black pepper in bowl or shake in screw-top jar. Scissor-snip parsley into dressing.
4. Drain feta cheese and crumble into small pieces. Scatter two-thirds over salads. Drizzle dressing over salads, then scatter with remaining feta. Serve at room temperature.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Why are you always talking at cross purposes with other people? Is it your fault or theirs? Make allowances for others — and for yourself.

TAURUS ♉
APRIL 21-MAY 21
You may now regret some of the things you said over the past few days. On the other hand, others respect you more when you speak your mind.

GEMINI ♊
MAY 22-JUNE 21
Today's aspect between Mercury, your ruler, and quarrelsome Mars means you will speak your mind no matter what the consequences might be.

CANCER ♋
JUNE 22-JULY 22
You may not understand the significance of recent events but you do understand that you have been wasting your money on things you really don't need.

LEO ♌
JULY 23-AUG 23
You have so much energy at your disposal at the moment that it's hard to decide what to do with it all. For best results try to focus on just one task.

VIRGO ♍
AUG 24-SEPT 22
So many things to do and so little time in which to do them. Is that how you feel? If so, the obvious thing to do is to cut back on your commitments.

LIBRA ♎
SEPT 23-OCT 23
You will receive some valuable news today. It will be more valuable still if you stop and think before cashing it in. Knowledge can be saved and grown.

SCORPIO ♏
OCT 24-NOV 22
If you must be critical of someone today at least be positive about it. The idea is not to make them feel bad about themselves.

SAGITTARIUS ♐
NOV 23-DEC 21
Current aspects make you feel good but they also make you a bit lazy, so make an effort to do something with today's helpful cosmic rays.

CAPRICORN ♑
DEC 22-JAN 20
If you were too cautious yesterday then you can be more daring today. It is still unwise to gamble with money — either your own or other people's.

AQUARIUS ♒
JAN 21-FEB 18
You may want to get away from your current environment but you won't be able to. Whatever is keeping you in one place must be faced and dealt with.

PISCES ♓
FEB 19-MARCH 20
If you don't understand what is taking place around you at the moment try looking back over the past few months for some clues.

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JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Oceanfront rm.
Mar. 12 & 19 • 1 wk.
$839
+Taxes & other fees (including service charges): $269

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Mar. 12, 19 & 26 • 1 wk.
PRIVILEGES
$1199
+Taxes & other fees (including service charges): $270

HAWAII

Honolulu

Aqua Aloha Surf & Spa • 3★
Continental breakfast
Savvy saver - Moderate partial city view rm.
Mar. 18 • 1 wk.
$669
+Taxes & other fees (including service charges): $132

CUBA

Varadero

Sol Sirenas Coral Resort • 3★
All-Inclusive • Standard rm.
Mar. 12 & 19 • 1 wk.
$899
+Taxes & other fees (including service charges): $212

Meliá Varadero • 4★
All-Inclusive • Standard rm.
Mar. 12 & 19 • 1 wk.
$1099
+Taxes & other fees (including service charges): $212

MEXICO

Puerto Vallarta / Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Mar. 20 & 27 • 1 wk.
$799
+Taxes & other fees (including service charges): $264

Ixtapa / Zihuatanejo

Barceló Ixtapa Beach • 4★
All-Inclusive • Standard rm.
Mar. 20 & 27 • 1 wk.
$1099
+Taxes & other fees (including service charges): $266

DOMINICAN REPUBLIC

Punta Cana via Calgary

Gran Bahia Principe Ambar, Don Pablo Collection • 5★
All-Inclusive • Junior suite
Mar. 9, 16 & 23 • 1 wk.
Adults only
PRIVILEGES
$1139
+Taxes & other fees (including service charges): $302

DEAL to EUROPE

London via Toronto
Hotel Ibis London Earls Court • 3★
Breakfast • Standard rm.
Mar. 31 • 3 nts.
Complimentary Hop-on / Hop-off tour
$899
+Taxes & other fees (including service charges): $478

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All-Inclusive • Standard rm.
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$1299
+Taxes & other fees (including service charges): $315

MEXICO

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